



Montgomery County **RECREATION** DEPARTMENT **SPRING 2003 GUIDE**



This issue's cover "Soak up the Sun," winner of the Youth Art Show, was done by Jennifer Morrison, a second grader at Greenwood Elementary.



Web sites: mcrd.net or montgomerycountymd.gov



240-777-8277

Just dial it for a fast and convenient way to register.

Our Simple Touchtone Automated Registration system allows you to register for classes/programs via a touchtone telephone 24 hours a day, 7 days a week.

Registering with STARline is convenient and fast with easy step-by-step instructions. See page 37.

Se Habla Espanol

Si está interesado en obtener más información del Departamento de Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, o oportunidades de empleo, por favor llamen al 240-777-6839. Ofrecemos una variedad de actividades en donde personas de todas las edades pueden participar. Si tienen ideas o sugerencias de otros tipos de programas, por favor llamen al 240-777-6839.

Cancellation Policy

Department of Recreation holds programs and activities in its own centers, public schools, MNCPPC and other private facilities. The cancellation of Department of Recreation activities held in schools is determined by the Community Use of Public Facilities (CUPF) and is announced on the following radio stations: WTOP am 1500 and WMAL am 630. The CUPF after hour's inclement weather line is 240-777-2706. When schools are closed due to weather conditions, afternoon and evening activities are automatically cancelled, including those held in Recreation, MNCPPC and private facilities.

Weekend closures may be determined by the Department of Recreation on a separate schedule. Announcements will be made on the stations listed above.

The Recreation Department program message line is 240-777-6889. This recording will be updated regarding any cancellations for recreation classes, activities and sports programs.

For information regarding Aquatic program cancellations, we suggest you call the specific aquatic center directly at the following numbers: MAC 301-468-4211, MLK Swim 301-989-1206 and Olney Swim at 301-570-1210.

Whenever any cancellations are announced, check the Department's program message line at 240-777-6889 before attending any activity.



**Internet
Registration**
**You're only a few
clicks away!**

Smart...fast and efficient service, right at your fingertips!

User Friendly...login, register, make your payment and receive your class confirmation.

Reliable...accessible from any computer 24 hours a day, 7 days a week.

Financial Security...our site is registered with Digital Signature Trust to ensure confidentiality of credit card transactions.

See page 37 for details.

To Register

Programs fill quickly. We encourage you to register as soon as possible. **Please read the registration and refund policy information on page 40 before completing the registration form.**



RecWeb: montgomerycountymd.gov



STARline: 240-777-8277



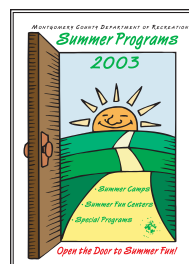
Fax: 240-777-6857
(must pay by VISA or MasterCard)



Mail or drop-off:

Montgomery County Department of Recreation,
Attention: Registrar, 12210 Bushey Drive,
Silver Spring, MD 20902-1099.

Individuals requiring financial assistance must apply prior to registering. See page 40 for details.



Summer is almost here.
**Register now for
Camps & Summer
Programs!**

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services (such as a mainstreaming companion, ASL or cued speech interpreter, or large print) in order to participate, please call a mainstream facilitator (240-777-6960) to discuss your needs.

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Montgomery County

 DEPARTMENT



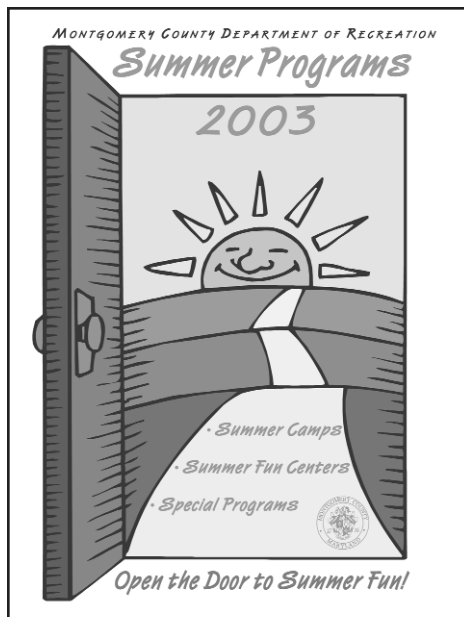
The public service mission of the Montgomery County Department of Recreation is to emphasize **Team Work, Objectivity, Growth, Imagination, Value, and Excellence** in everything we do in providing diverse recreation and leisure services for all of our communities.

The acronym **TO GIVE** represents our commitment to achieving this mission.

Don't Miss Out!

Now is the time to plan a super summer for your child.

Four sessions for ages 4-13, June 23-August 8



Specialty Camps: offer exciting activity focus, swimming, field trips, plus a variety of fun recreational activities: 9:00am-3:30pm

Art Camps for ages 6-8

Sports Camps for ages 6-8 & 9-12

Nature Camps for ages 9-13

Drama Camp for ages 9-12 (in Germantown only)

Discovery Camps: provide a mix of activities that include crafts, games, sports, special events, swimming, designed for two age groups: 5-8 and 9-12. 9:00am-3:30pm

Little People Centers: offer a half-day of fun for preschoolers, ages 4-5, and provide socialization and enrichment. 9:00am-1:00pm

Extended Camps: continue the fun for campers, ages 5-13. Accessible from all Specialty and Discovery Camps, Extended Camps provide supervised play in the morning (7:00-9:00am) and afternoon (3:30-6:00pm).

These super summer camps are fun, safe, convenient and affordable.

Ask to receive our *Summer Programs 2003* brochure or check us out on the web at: camps.mcrd.net

For Camp Information, call

240-777-6930

Summer Fun Centers

Ages 5-12

Summer Fun Centers: (formerly known as playgrounds) offer a variety of organized and supervised activities focused around weekly themes. Activities may include crafts, art, sports, special events, active games and drama. Some extended day sites are also available for an additional fee.

A six week program meets June 30-August 8, from 9:00am to 4:00pm.

Bethesda-Chevy Chase Region

(Potomac, Darnestown, Chevy Chase and Bethesda)

301-983-4467

East County Region

(Burtonsville, Fairland and Route 29 corridor)

240-777-4980

Mid County Region

(Olney, Sandy Spring, Aspen Hill, Kemp Mill and Wheaton)

240-777-4930

Silver Spring Region

(Silver Spring, Kensington, Garrett Park and Takoma Park)

240-777-4900

Upcounty Region

(Gaithersburg, Laytonsville, Poolesville, Damascus and Germantown)

240-777-6940

Other Summer Opportunities

Counselor-in-Training

240-777-6961

Schools & Clinics

Tiny Tots, Movement

240-777-4900

Art, Fencing, Golf, Tennis

240-777-4930

Karate, Sailing

240-777-6940

Sports Skills Programs

240-777-6870

Teen Activities

240-777-6961

Therapeutic Recreation/Mainstreaming

240-777-6960/TTY 240-777-6974

Financial assistance is available to qualifying individuals. See page 40 for details.

What's Happening

Events & Activities

February

- 24 Senior Aerobics**, led by the Hearts 'N Parks program. Longwood CC, 10:00-11:30am. FREE. 240-777-6823
- 24 Coffield Afterschool Program** Children and teens learn how to keep your heart healthy, as part of the Hearts 'N Parks program. Includes fun cooking demonstrations. Coffield CC, 3:30-5:00pm. FREE. 240-777-6823

March

- 3 Senior Aerobics**, led by the Hearts 'N Parks Program. Longwood CC, 10:00-11:30am. FREE. 240-777-6823
- 3 Coffield Afterschool Program** Children and teens learn how to keep your heart healthy, as part of the Hearts 'N Parks program. Includes fun cooking demonstrations. Coffield CC, 3:30-5:00pm. FREE. 240-777-6823
- 6 Poetry Reading** by Delores Kendrick. Sponsored by Arts and the Aging. Long Branch Senior Center, 11:30am. FREE. 301-431-5708
- 10 Senior Aerobics**, led by the Hearts 'N Parks Program. Longwood CC, 10:00-11:30am. FREE. 240-777-6823
- 11 Water, the Neglected Nutrient** Presented by Adventist Health Care. Long Branch Senior Center, 11:00am. FREE. 301-431-5708
- 14 What You Need to Know About Real Estate** Emil Atenteng, Senior Housing Specialist from Long and Foster Realtors explains reverse mortgages, how to prepare your home for sale, etc. Long Branch Senior Center, 11:00am. FREE. 301-431-5708
- 14 Middle School March Madness** DJ, inflatable games, a 3 on 3 basketball tournament, and more. Germantown CC, 6:30-9:30pm. FREE. 301-601-1680
- 16 Fifth Annual Japan Fair** Bauer Drive CC, 1:00-4:00pm. FREE. (see ad below) 301-468-4015
- 17 St. Patrick's Day Fun Walk** A fun-filled walk for children under 6. The walk will include many surprises, including a visit from a leprechaun and a scavenger hunt. Brookside Gardens, 10:00-11:30am. FREE. 240-777-6820
- 20 Learn the Benefits of Yoga** Presented in English and Spanish. Santa Molina from Holy Cross Hospital will discuss the benefits of yoga and other relaxing exercises. Long Branch Senior Center, 11:00am. FREE. 301-431-5708

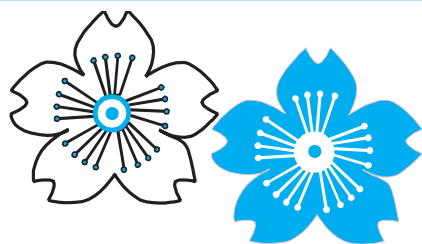
- 20 Hearing Aids: What They Do & Don't Do** Presented by Jane Kirksey, Audiologist, Hearing Health Care, Inc. Holiday Park Senior Center, 1:15pm. FREE. 301-468-4448

April

- 11 Over 55 Tea Dance** Ballroom dancing with music by keyboard vocalist Mike Surratt. Singles and newcomers welcome. Holiday Park Senior Center, 1:15pm-3:15pm. Fee: \$4.00 at the door. 301-468-4448
- 12 KidFest** Special activities for kids of all ages. Germantown CC, 11:00am-3:00pm. FREE. (see ad on back cover) 240-777-6820
- 14 Five Major Health Concerns of Men Over 60** Presented by Dr. Barry Rosenbaum for Holy Cross Hospital. Holiday Park Senior Center, 1:15pm. FREE. 301-468-4448
- 27 Pike's Peek** A 10K race down Rockville Pike, ending at White Flint. 8:00am. Also enjoy a 1K (0.62mi) "Family Fun Run" and a 50 meter "Toddler Trot" at 9:30am. For registration and more information, see www.mcrrc.org/pikespeek or call 301-460-8888

May

- 6 Army Band Woodwind Quintet** A classical music program. Holiday Park Senior Center, 1:15 pm. FREE, drop in. 301-468-4448
- 8 Buying Prescriptions Drugs via the Internet or Over the Border** Presented by Holy Cross Pharmacist Letitia Deas. Holiday Park Senior Center, 1:15pm. FREE. 301-468-4448
- 12 Over 55 Tea Dance** Ballroom dancing with music by Dolly and the JC Combo. Singles and newcomers welcome. Holiday Park Senior Center, 1:15pm-3:15pm. Fee: \$4.00 at the door. 301-468-4448
- 13 How to Be Safe in the Sun** Tips on how to keep your skin protected from the sun, presented by a speaker from Adventist Health Care. Long Branch Senior Center, 11:00am. FREE. 301-431-5708
- 15 Managing Knee Pain and Replacement** Presented by Dr. Victor Wowk from Holy Cross Hospital. Long Branch Senior Center, 11:00am. FREE. 301-431-5708



Please join us as we welcome students of Yokohama Hayato High School, from Japan, as they demonstrate Japanese arts, games, and customs.

Free Admission

Call 301-984-1274 for more information

Co-sponsored by: Montgomery County Recreation Department and Sakura Educational Exchange USA

The Fifth Annual Japan Fair

Sunday, March 18, 1:00-4:00 pm
Bauer Drive Community Center
14625 Bauer Drive, Rockville, 301-468-4015

SENIORS-55 AND FORWARD THINKING

Spring Into Action at Your Local Senior Center or Neighborhood Senior Program.



We invite you to visit one of the Senior Programs and pick up a newsletter. Each center and program offers you a multitude of social, educational and recreational opportunities.

If no phone number is listed, call the Senior Programs office at 301-468-4540.

Damascus Senior Center * + (M-F, 9:00am-4:00pm)
9701 Main Street, Damascus 301-253-1801

Gaithersburg Upcounty Senior Center * + (M-F, 9:30am-4:00pm, Tu, 9:00am-8:00pm)
80A Bureau Drive, Gaithersburg 301-258-6380
Sponsored by the City of Gaithersburg with support from Montgomery County.

Holiday Park Senior Center * + (M-F, 9:00am-4:00pm)
3950 Ferrara Drive, Wheaton 301-468-4448

Long Branch Senior Center * + (M-F, 10:00am-2:00pm)
Long Branch Community Center
8700 Piney Branch Road, Silver Spring 301-431-5708

Margaret Schweinhaut Senior Center * + (M-F, 9:00am-4:00pm, Sat, 10:00am-3:00pm)
1000 Forest Glen Road, Silver Spring 301-681-1255

Neighborhood Senior Programs

Clara Barton Seniors + (W 10:00am-2:00pm)
Clara Barton Community Center, 7425 MacArthur Blvd, Cabin John

Bauer Drive Seniors (M 10:00am-2:00pm)
Bauer Drive Community Center, 14625 Bauer Dr, Rockville

Ross Boddy Seniors * + (M, W, Th, 9:30am-2:00pm)
Ross Boddy Community Center, 18529 Brooke Rd, Sandy Spring 301-570-1215

Clarksburg Seniors (W 10:00am-2:00pm)
Clarksburg Recreation Center, Route 355 at 22501 Wims Rd, Clarksburg

Coffield Senior Program (W, Th, 10:00am-2:00pm)
Coffield Community Center, 2450 Lyttonsville Rd, Silver Spring 240-777-4900

Wednesday Program is a partnership of the Jewish Community Center and the Department of Recreation. Lunch available for Wednesday program only, call 301-230-3751 for reservations.

East County Seniors * + (Tu, F, 10:00am-2:00pm)
East County Community Center, 3310 Gateshead Manor Way, Silver Spring 301-572-7004

Evergreen Senior Program (Tu, W, F, 9:00am-4:00pm)
Germantown Community Center, 18905 Kingsview Rd, Germantown 301-601-1685

A partnership of the Chinese Culture and Community Service Center, Inc. and the Department of Recreation.

Fairland Seniors* (Th 10:00am-2:00pm)
Fairland Community Recreation Center, 14906 Old Columbia Pike, Burtonsville 240-777-4970

Germantown Seniors * + (M, Th, 10:00am-2:00pm)
Germantown Community Center, 18905 Kingsview Rd, Germantown 301-601-1685

Longwood Seniors (M 10:00am-2:00pm)
Longwood Community Ctr, 19300 Georgia Ave, Brookeville

Owens Park Seniors * + (Tu, W, 10:00am-2:00pm)
19900 Beallsville Rd, Beallsville 301-428-8127

Potomac Seniors + (Tu 10:00am-2:00pm)
Potomac Community Center, 11315 Falls Rd, Potomac

* Nutrition lunch program available
+ Limited transportation available

Other Opportunities

HOC Facilities
Programs provided at Waverly House and Leafy House

Way To Go Travel Show

Wednesday, April 2, 2003, 9:30am-3:30pm at

Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton, MD

Travel Seminars

Speakers

Travelogues

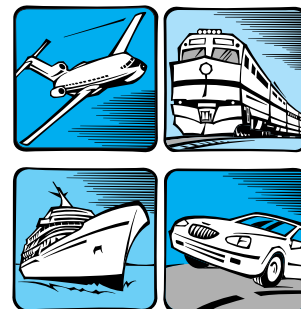
Exhibits

Expand Your Travel Horizons

Call 301-468-4448 to receive further information.

Co-sponsored by Senior Beacon Newspaper and Eyre Bus and Travel Company

Mark your calendar!



Senior Travel Invites You to a Wonderful Array of Spring Getaways.

See new places, meet new people, live new experiences. Make these years the most memorable of your lives!

For complete trip listings and registration form, call 301-468-4540.

New York on Your Own

Wednesday, April 2 New York City, NY

Perfect opportunities to shop, go to a show, look up an old friend, or just take in the sights.

Leave 7:00am, Return 11:00pm Fee: \$58.00

"Joseph and the Amazing Technicolor Dreamcoat" Three Little Bakers Dinner Theatre

Thursday, April 10 Wilmington, DE

The biblical saga of Joseph and his coat of many colors comes to vibrant life in this delightful musical parable. A buffet lunch and dessert are included.

Leave 8:30am, Return 6:30pm Fee: \$77.00

"Crazy For You" Dutch Apple Dinner Theatre

Sunday, April 27 Lancaster, Pennsylvania

An old fashioned Gershwin love story, complete with memorable songs "Embraceable You," "I Got Rhythm," and "Someone To Watch Over Me."

Leave 8:30am, Return 6:30pm Fee: \$76.00

Springfest

Saturday, May 3 Ocean City, MD

Enjoy the food, free entertainment and many activities in this annual beginning-of-summer celebration in Ocean City, MD.

Leave 7:00am, Return 9:00pm Fee: \$40.00

Winterthur and Longwood

Wednesday, May 14 Wilmington, DE

Enjoy a guided tour of Winterthur. Visit the gallery to see the latest exhibit. Then on to Longwood Gardens to experience the famous gardens.

Leave 7:30am, Return 8:30pm Fee: \$68.00

Dorothy Megan Riverboat Cruise

Saturday, June 7 Hurlock, MD

Cruise the Choptank River on the Dorothy Megan, a reproduction of an authentic 80-foot turn-of-the-century paddlewheeler. Dine on the area's freshest seafood, prepared by Suicide Bridge Restaurant, as you cruise.

Leave 8:30am, Return 6:00pm Fee: \$63.00

Senior Sports Programs Abound

- Senior Fitness Clinics
- Senior Fit
- Senior Shape
- Senior Olympics

Call the Sports Team at 240-777-6870 for information.



Start SOARing ... It's The Thing To Do!

Awaken the spirit of adventure! Specially designed day trips for the active senior.

A sampling of trips:

Walking Tour of Old Town Alexandria

Tuesday, April 15 Fee: \$24.00

Spies of Washington With Gary Powers, Jr.

Thursday, April 24 Fee: \$50.00

Walking Tour of Historic Annapolis and Cruise on the Harbor Queen

Thursday, May 1 Fee: \$36.00

Jackie Kennedy's Georgetown

Thursday, May 8 Fee: \$22.00

"Steamboat Reverie" Cruise on the Choptank River

Thursday, June 19 Fee: \$59.00

To be placed on the Senior Travel and/or SOAR mailing list, call 301-468-4540.

Opportunities to put Spring in your step

How to Live Longer and Grow Younger presented by the Himmelfarb-Mobile University

March 20, 12:30pm-1:30pm, Waverly House

Way to Go Travel Show

April 2, 9:30am-3:30pm-Holiday Park Senior Center

A Taste of Spring Cooking Demonstration

April 6, 12:30pm-1:30pm, Bauer Seniors

Conversations, Performed by the Heyday Players

April 10, 10:30am, Long Branch Senior Center

Older Adult Health Fair

April 24, 9:30am- 3:30pm, Co-sponsored by Suburban Hospital, Holiday Park Senior Center

Ancient Greece Today Travelogue and Slide Presentation

May 8, 11:00am, Long Branch Senior Center

Holiday Park Senior Center Demo Day

Highlighting a variety of classes and programs
May 29, 10:00am-2:30pm

Salute to Father's Day with Spirited Singing and Keyboard Entertainment

June 16, 11:00am, Long Branch Senior Center

AQUATICS PROGRAMS

The Department of Recreation operates three indoor swimming pools to serve Montgomery County residents. These pools are accessible to individuals with disabilities. Detailed schedules of recreational swim hours, lessons, swim teams and all other programs are available at each pool. For more information, call the number listed below.

Martin Luther King, Jr. Swim Center (MLK) 301-989-1206

1201 Jackson Road, (off New Hampshire Avenue, south of Randolph Road)

Includes an 8-lane, 25 yard/meter pool with a movable bulkhead, allowing for a separate diving area with one and three meter boards and a five-meter platform, a hydrotherapy pool, weight and exercise room, an all purpose room and dressing facilities. Note: The shallow water "Teach Pool" is closed for renovation.

Montgomery Aquatic Center (MAC) 301-468-4211

5900 Executive Boulevard, N. Bethesda (between Nicholson Lane and Old Georgetown Road)

Includes an 8-lane, L-shaped, 50-meter main pool, a warm water leisure pool, and two separate hydrotherapy pools for adults, a 10-meter diving platform and interior water slide, an exercise room, snack bar, locker and shower facilities, saunas, lighted outdoor jogging trail and enclosed racquetball courts.

Olney Indoor Swim Center (OSC) 301-570-1210

16601 Georgia Avenue, Olney (in the Olney Manor Park)

Includes an 8-lane, 25-yard pool and separate diving area with 1- and 3-meter boards, a shallow warm water free form leisure pool, two hydrotherapy pools, saunas, weight and exercise room, all purpose room and dressing facilities.

SWIMMING INSTRUCTION

The spring semester of swim lessons will be offered in three 6-week sessions. Classes meet once a week for 6 weeks or twice a week for 3 weeks. The next spring sessions will begin in February, March and April. A schedule listing dates, times and fees will be available at all pools.

Advanced in-person registration is necessary for all learn-to-swim lessons for all ages and abilities and will take place at each pool. Sign up at the pool where you wish to take lessons. No phone or mail registration will be accepted. Cost: \$38 to \$47 for six lessons. Non-County residents are charged an additional \$10.00 fee.

Due to program limitations, swim classes will be held on the following special day: 2/17/03 (Presidents Day). Swim classes will NOT be held during MCPS Spring Break 4/13/03 through 4/20/03. Carefully check your lesson schedule available at the pool.

Lesson Registration for County Residents at MAC, MLK and OSC is ongoing. Stop by the pool for a lesson schedule.

SPECIAL AQUATIC COURSES

Adapted Aquatics is a learn-to-swim program designed for children aged 4 to 15 with special needs and runs concurrently with other programs at MAC. Volunteers are needed to assist the instructors. "Community Service" students are welcome! Registration is ongoing. For further information, call 301-468-4211.

Lifeguard Training, CPR and Instructor Training courses will be offered at MLK, MAC or OSC. Specific schedules are available at the pools. Registration is ongoing at each pool.

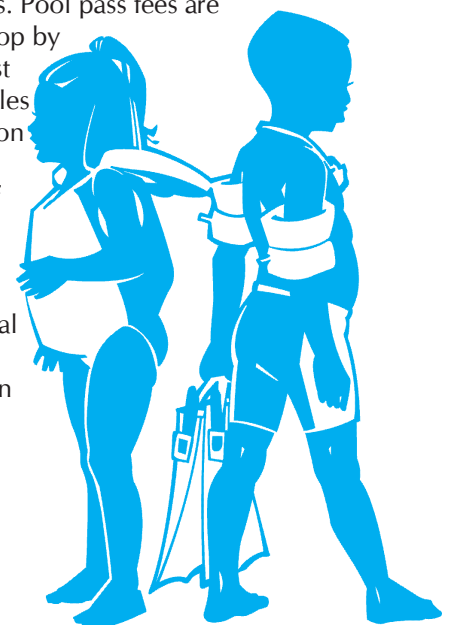
SCUBA will be offered at Martin Luther King, Jr. Swim Center through Scuba Adventures and Training, Inc.; call Chuck Vanson at 240-601-3155 or email ccvan@msn.com. The Olney Swim Center offers Scuba through NAUI and Olney SCUBA Adventure Diving Club; call Scott Hagedorn at 301-610-4988 or email Info@ScubaAdventure.org.

Kayaking classes for beginners, as well as ongoing rolling sessions are offered at MLK on Wednesday evenings. Call the pool for further information.

Pool Operator's courses are offered to train pool operators and managers by providing them with basic knowledge needed for safe operation of a modern swimming pool. The course prepares students 17 or older to pass the Pool Operator's licensing exam administered by the Montgomery County Department of Health. New classes will be offered in April, May and June at various locations. For more information, call 240-777-6860.

FAMILY RECREATIONAL SWIMS

Recreational and Lap Swim sessions for the entire family are available each day at each pool. Patrons have the option of paying an admission for each entry, or purchasing a Family or Individual Pool Pass. Pool pass fees are pro-rated monthly. Drop by or call the pool nearest you to receive schedules and specific information on admission fees and pass prices. Groups of more than 8 persons must contact the pool for advice as to when to attend a Recreational Swim period. Ask the Cashier for information about "Punch 12 Discount Cards."



COMPETITIVE PROGRAMS

Training for Age-Group, Senior and Masters levels are available in swimming, diving, and water polo. Brochures are available at each pool. New participants are welcome to join at anytime after speaking with a coach or program supervisor. Call the pool for more information.

Montgomery Swim Club (RMSC) competitive age-group swim team for boys and girls, 6-18 years, who train at MLK, MAC, or Olney. In addition to stroke improvement and fitness, swimmers will be encouraged to participate in USA Swimming competitions. Call the pool for information.

SwiMontgomery is a developmental competitive skills program at OSC and MAC for children who have received swim lessons or have had at least one summer of swim team experience, but are not yet ready for the team program. Stop by the pool for more information.

The Montgomery Dive Club (MDC) an advanced age-group competitive diving program offered at MLK, MAC, and Olney. Divers prepare to compete in local and national level meets. An introductory level tower diving program is available at MLK while a full tower training program will be offered at MAC. Diving lessons and Adult Masters Diving is also offered. Call John Wolsh at 301-829-2303 for information or visit www.montgomerydiveclub.com.

Montgomery Masters "Ancient Mariners" designed specifically for competitive swimming adults who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes are welcome. Training is offered at MLK, MAC and the Olney Swim Centers. Call Tom Denes at 301-564-4234 or email him at waterprfch@aol.com.

Montgomery Water Polo training and competition for Juniors through open age levels. Sessions are held at MAC on Wednesday evenings and Sunday mornings. No experience is necessary. Call Bill Rutsch at 301-871-2105 for further information.

Montgomery Stroke & Turn Clinic (MSTC) A stroke improvement swim program for summer league swimmers who wish to continue in a once-a-week technique clinic. Offered at MAC, MLK and OSC early on Sunday evenings. Stop by for a flyer or call 240-350-8511 for questions about the program.

Now Hiring Part Time Staff!

The Aquatics Team is now accepting applications for spring or summer positions at our three indoor pools and seven large outdoor pools. Vacancies exist for qualified lifeguards, swim instructors, assistant coaches, pool aides and cashiers. Training and retraining courses are available. We encourage the return of former guards and instructors.

For more information, speak with a supervisor at our indoor pools or call the Main Office at 240-777-6860.

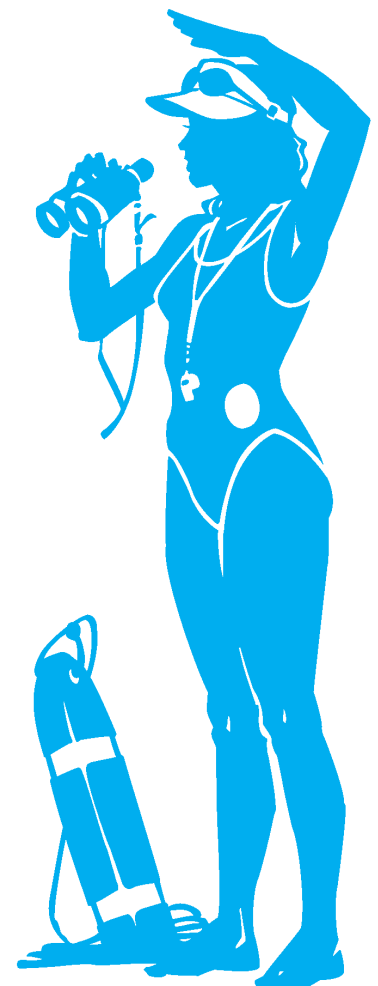
RENTALS - PARTIES

Saturday evenings are available for rental by groups. Party Rooms are available for rental for small birthday parties or private meetings. Contact the full time staff for available times and fees.

WATER FITNESS CLASSES

An exercise session in the water is a highly effective cardiovascular workout while strengthening your muscles in a safe and gentle environment. We offer water fitness classes that can benefit the very fit as well as the very frail. These classes are ideal for people with joint and limb disorders and for individuals who are overweight or pregnant.

- No swimming experience is necessary.
- Both men and women of all ages are welcome.
- Different instructor styles add a nice variety to your program.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.
- Music may be used to enhance the exercise experience.



WATER FITNESS CLASSES

Indoor Pools

Martin Luther King Pool (MLK)	301-989-1206
Montgomery Aquatic Center (MAC)	301-468-4211
Olney Swim Center (OSC)	301-570-1210

Instructors

Waterworks - (Watwrks) Sally	301-593-1609
Wellness Network - (Wlnet) Linda	301-924-3488
H2O Fitness - (H2OFit) Peggy	301-603-1328

Note: Classes will be held on most holidays, but the instructor will confirm with each class.

Abs & Glutes



Shallow water class with focus on abs and glutes. Water gloves are recommended and can be purchased at class.

9 Fifty minute sessions \$43

84374	MLK	H2OFit/Doris	3/17	M	10:00am
84375	MLK	H2OFit/Peggy	3/19	W	10:00am

Aqua Sculpting



This is a high intensity workout with no impact on your legs, often associated with land-based exercise classes. Aqua Sculpting is done in the shallow end of the pool using the resistance of water to tone the body. Dumbbells and gloves are recommended and can be purchased at class.

9 Fifty minute sessions \$43

84378	MLK	H2OFit/Jackie	3/21	F	10:00am
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Body Sculpting



A land-based class designed for cross training with water fitness classes. Focus is on abs, glutes, legs and upper body

9 Fifty minute sessions \$43

84379	MLK	H2OFit/Peggy	3/18	Tu	10:00am
84380	MLK	H2OFit/Peggy	3/20	Th	10:00am
84381	MAC	Watwrks/Sally	3/21	F	7:30am
84382	MAC	Watwrks/Sally	3/18	Tu	6:30pm
84383	MAC	Watwrks/Sally	3/20	Th	6:30pm
84384	OSC	Wellness/Monica	3/17	M	9:30am
84385	OSC	Wellness/Larissa	3/18	Tu	7:00pm
84386	OSC	Wellness/Mya	3/20	Th	7:00pm
84387	OSC	Wellness/Janette	3/22	Sa	10:00am

Deep Water Running & Exercise



Ideal cardiovascular exercise with no weight bearing stress. Beneficial for cross-training and/or rehabilitating persons requiring the cushioning of deep water. Classes given in diving well using ski belt for flotation.

9 Fifty Minute Sessions \$43

84388	MLK	H2OFit/Doris	3/17	M	1:00pm
84389	MLK	Wellness/Nancy	3/18	Tu	7:30pm
84390	MLK	H2OFit/Doris	3/19	W	1:00pm
84391	MLK	Wellness/Jackie	3/20	Th	7:30pm
84392	MLK	H2OFit/Doris	3/18	Tu	7:30am
84393	MLK	H2OFit/Doris	3/20	Th	7:30am
84394	MAC	Watwrks/Sally	3/17	M	8:30am
84395	MLK	H2OFit/Tracy	3/21	F	1:00pm
84396	MAC	Watwrks/Vivienne	3/17	M	1:30pm
84397	MAC	Watwrks/Sally	3/18	Tu	10:00am
84398	MAC	Watwrks/Sally	3/19	W	8:30am
84399	MAC	Watwrks/Vivienne	3/19	W	1:30pm
84401	MAC	Watwrks/Sally	3/20	Th	10:00am
84402	MAC	Watwrks/Vivienne	3/21	F	8:30am
84403	MAC	Watwrks/Sally	3/21	F	1:30pm
84404	MAC	Watwrks/Sally	3/18	Tu	7:30pm
84405	MAC	Watwrks/Sally	3/20	Th	7:30pm

84405	OSC	Wellness/Janette	3/18	Tu	8:00pm
84406	OSC	Wellness/Susan	3/18	Tu	8:30am
84407	OSC	Wellness/Sharon	3/20	Th	8:00pm
84408	OSC	Wellness/Monica	3/20	Th	8:30am
84409	OSC	Welln/Suzie/Tara	3/21	F	6:00pm
84410	OSC	Wellness/Jackie	3/18	Tu	10:30am
84411	OSC	Wellness/Beth	3/20	Th	10:30am
84412	OSC	Wellness/Tara	3/17	M	7:00pm
84413	OSC	Wellness/Suzie	3/19	W	7:00pm
84414	OSC	Wellness/Sharon	3/19	W	1:30pm
84415	OSC	Wellness/Bill	3/17	M	6:30am
84416	OSC	Wellness/Bill	3/19	W	6:30am
84417	OSC	Wellness/Sharon	3/21	F	1:30pm
85073	OSC	Wellness/Janette	3/22	Sat	9:00am

Water Aerobics



Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

9 Fifty minute sessions \$43

84418	MLK	H2OFit/Peggy	3/18	Tu	8:30am
84419	MLK	H2OFit/Jackie	3/20	Th	8:30am
84420	MAC	Watwrks/Sally	3/18	Tu	8:30am
84421	MAC	Watwrks/Eileen	3/20	Th	8:30am
84422	MAC	Watwrks/Sally	3/19	W	9:30am
84423	MAC	Watwrks/Sally	3/21	F	9:30am
84424	MAC	Watwrks/Sally	3/17	M	9:30am
84425	OSC	Wellness/Janette	3/18	Tu	7:00pm
84426	OSC	Wellness/Sharon	3/20	Th	7:00pm
84427	OSC	Wellness/Jackie	3/18	Tu	9:30am
84428	OSC	Wellness/Sharon	3/20	Th	9:30am
84429	OSC	Wellness/Carol	3/17	M	1:30pm

Water Exercise for Arthritis



Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

9 Fifty minute sessions \$43

84430	MLK	Wellness/Judy C	3/18	Tu	10:30am
84431	MLK	Wellness/Judy C	3/20	Th	10:30am
84432	MAC	Watwrks/Vivienne	3/17	M	11:00am
84433	MAC	Watwrks/Vivienne	3/19	W	11:00am
84434	MAC	Watwrks/Vivienne	3/21	F	11:00am
84435	OSC	Wellness/Carol	3/17	M	10:00am
84436	OSC	Wellness/Susan	3/19	W	10:00am
84437	OSC	Wellness/Carol	3/21	F	10:00am

Water Exercise



Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

9 Fifty minute sessions \$43

84438	MLK	H2OFit/Peggy	3/17	M	9:00am
84439	MLK	Wellness/Nancy	3/18	Tu	8:30pm
84440	MLK	H2OFit/Peggy	3/19	W	9:00am
84441	MLK	Wellness/Jackie	3/20	Th	8:30pm
84442	MLK	H2OFit/Jackie	3/21	F	9:00am
84443	MAC	Wellness/Sharon	3/17	M	8:30pm
84444	MAC	Watwrks/Eileen	3/18	Tu	11:30am
84445	MAC	Wellness/Sharon	3/19	W	8:30pm
84446	MAC	Watwrks/Sally	3/20	Th	11:30am
84447	MAC	Watwrks/Eileen	3/18	Tu	8:30pm
84452	OSC	Wellness/Carol	3/17	M	9:00am
84448	OSC	Wellness/Noellia	3/19	W	9:00am
84449	OSC	Wellness/Carol	3/21	F	9:00am
84450	OSC	Wellness/Tara	3/17	M	8:00pm
84451	OSC	Wellness/Suzie	3/19	W	8:00pm

TEEN ACTIVITIES

For the latest information, schedules or brochures on any of the following activities please call the Teen Team at 240-777-6961 or check out our web page at recteens.mcrd.net.

Volunteer Opportunities for Teens

The Department of Recreation is always looking for teen volunteers to make a difference in our county. Volunteers receive training and Student Service Learning hours for their leadership in our activities.

COUNSELOR-IN-TRAINING

This program assigns responsible teens, based on their interest, availability and geographic location to summer recreation camps or summer fun centers where they will receive training and experience working with children while developing leadership abilities. A minimum two week commitment is required.

BIG BUDDY

The Big Buddy/Little Buddy Mentoring Program pairs Montgomery County high school students with homeless children. For three hours a week, the buddies form a unique bond by playing games, reading together, playing sports, and just being friends. Once a month, the buddies as a group participate in a recreational, educational, community service and/or social event such as Adventure World, Seneca Creek State Park, or beautifying a neighborhood. There are two sessions, October through March and January through June, the application deadline for the fall session is mid September.

K.E.E.N. CLUB

Kids Enjoy Exercise Now pairs Montgomery County high school students with high school students with disabilities, forming partnerships through playing sports. The program meets every other Sunday throughout the academic year to play team oriented sports such as soccer, basketball, and swimming.

Teen Activities TEEN CLUBS

Organized trips and special outings are offered through Department of Recreation sponsored Teen Clubs at most public middle and high schools. Call your school for details.

COMMUNITY TEEN INITIATIVES

Various community groups in collaboration with the Department of Recreation plan teen programs and special events including dances, live bands and bowling. These are just a sample of the possible activities planned by and for teens in your community.

HALF DAY EVENTS

On Montgomery County's Public Schools early release days, exciting seasonal half day special events are planned for both middle and high school students. Activities include swimming, ice skating, bowling, pizza parties, movie nights, and dances.

UNDER 21 SPECIAL EVENTS

Exciting activities are being planned for the spring including the 14th annual Battle of the Bands! Seven of Montgomery County's best bands (high school aged) compete for great prizes. Other events include billiards nights and dances with DJ's, games, and door prizes. Snacks and refreshments are also available for purchase. School ID is required for admittance. Events are sponsored by the Montgomery County Youth Advisory Committee.

REC EXTRA

The Montgomery County Department of Recreation is excited about Rec Extra. This program is designed to enhance after school programs with recreational activities specifically planned for that school's student body. While every Montgomery County middle school may receive additional recreation programs during their current after-school program time frame, selected schools have been identified as priority schools. These priority schools have an additional day of after-school programming. Interested in a specific program at your middle school? Contact your school-based After-School Activities Coordinator or call the Teen office.

AFTER HOURS

These popular Friday evening programs for middle school students, are located in select Community Recreation Centers in the County. Teens can socialize with friends, participate in sports, arts and crafts, as well as special events.



THERAPEUTIC RECREATION PROGRAMS

Mainstreaming Opportunities

Individuals with disabilities are encouraged to register for programs. To facilitate your inclusion, you may request auxiliary aids and services.

Interpreters, large or braille print, other auxiliary aids or services, or companions must be requested at least 2 weeks prior to the start of the program. Please call 240-777-6960, TTY 240-777-6974, to schedule an intake for accommodations needed.

Companions provide one-to-one assistance to facilitate participation and assimilation into the program. Most companions are volunteers and placements are limited, so early notification is essential.

Children's Programs

Kaleidoscope



Ages 6–10, with learning disabilities and/or attention deficit disorder (ADHD): A structured setting offers arts and crafts, games, and outdoor play in a park setting with playgrounds and fields. Participants should be able to follow simple instructions, understand basic rules, and express needs. Bring a bag lunch. 1 staff to 4 participants. No class on 4/19.

8 Three hour sessions **\$56**

85140	Ken Gar Palisades PC	3/29	Sa	10:30am
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Creative Expression and Dance



Ages 3–5, with mild developmental delays: Dance and creative movement offers young children the opportunity to increase gross motor skills while focusing on developing self-confidence and creativity through the art of dance. Adult required to participate throughout the entire class.

8 Forty-five minute sessions **\$42**

85212	Bauer Drive CC	4/1	Tu	4:15pm
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Karate for Individuals with Disabilities



Ages 5&Up: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor planning and performance. Includes stretching and calisthenics as an introduction to physical fitness. New students attend 9:00 class.

10 Forty-five minute sessions **\$85**

85128	Randolph Hills PC	3/8	Sa	9:00am
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85129	Randolph Hills PC	3/8	Sa	9:45am
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Golf at Laytonville Golf Course



Ages 8–16: Children and teens with hearing loss/deaf or ADHD/ADD. Instruction includes setup (proper grip, stance, and posture), mechanics of the golf swing (half swing and full swing), and putting techniques. Course instructor is fluent in American Sign Language (ASL). TTY 240-777-6974. 4-6 students per instructor. \$5.00 ball fee due each class. Bring clubs.

4 One hour sessions **\$67**

85130	Laytonville GC	Dyess	4/24	Th	4:30pm
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★ NEW Funfit Kids Like Me!



Ages 2-5: Specially designed for kids with disabilities. A fun-filled adult/child high-energy activity class that includes songs, stories, parachutes, games, balls, music, and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Adult participation required. Additional class times are available at the Redland Studio. Please call toll free 1-888-8FUNFIT. \$10 material fee due to instructor.

8 Forty-five minute sessions **\$52**

Ages 2-3

85814	Stoneybrook PC	3/22	Sa	9:30am
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Ages 4-5

85815	Stoneybrook PC	3/22	Sa	10:15am
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Teen and Adult Programs

Adult Swim



Ages 18&Up, with disabilities: Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self-help skills. 1 staff to 4 participants. **No personal care provided.** No class on 4/15 and 4/17.

8 One hour and thirty minute sessions **\$32**

85132	MLK Swim Center	3/25	Tu	8:30pm
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85133	MAC Swim Center	3/27	Th	8:00pm
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Beginning Handbuilt Pottery for Adults



Ages 18&Up, with disabilities: Handbuilding techniques include decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$15 material fee due instructor. 1 staff to 8 participants. **No personal care provided.**

8 One hour sessions **\$55**

85134	Wheaton CC	3/26	W	1:30pm
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Billiards



Ages 16&Up, with disabilities: Participants should have some knowledge of basic rules and skills needed for pocket billiards, be able to indicate basic wants and needs, and have minimal self-help skills. 1 staff to 4 participants.

8 One hour and thirty minute sessions **\$32**

85135	Holiday Park Sr C	3/26	W	7:00pm
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Moving with Multiple Sclerosis



Ages 18&Up, with Multiple Sclerosis: Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well-being. Discussion will focus on ways to keep exercising outside of class. No class on 4/20.

6 One hour sessions **\$32**

85136	Germantown CC	4/6	Sun	1:00pm
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Slow 'n Easy Aerobics ★

Ages 15&Up, with disabilities: Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to indicate basic wants and needs, and follow one- and two-step instructions. 1 staff to 8 participants. No class on 4/16, 4/17, and 4/21.

8 One hour sessions **\$30**

85137	Bauer Drive CC	3/27	Th	7:00pm
85138	Wheaton CC	3/24	M	7:00pm
85139	Germantown CC	3/26	W	7:00pm

Beginning Acrylic Painting for Adults ★

Ages 18&Up, with disabilities: Learn basic techniques to create your personal masterpieces. Participants should be able to follow multi-step directions. No personal care provided. 1 staff to 8 participants. For a supply list, call 240-777-6960 and a list will be mailed. \$5 material fee is due to instructor.

6 One hour and thirty minute sessions **\$66**

85813	Bauer Drive CC	3/30	Su	1:00pm
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Feeling Fit with Multiple Sclerosis

Will Return in Summer 2003

Programs to look for in the Spring Therapeutic Recreation Brochure

Teen and Adult Clubs Exciting weekend activities for ages 16 and older. Come make new friends and join the fun! Look for new club offerings. Call 240-777-6960 for more information.

Dances for Teens and Adults DJ, light refreshments, and opportunities for socialization. Themes include a "Spring Fling" formal on April 25 and a "Beach Ball" on June 6.

TR Mailing List

If you would like to receive more information on TR programs or clubs, please send a postcard with participant's name, age, address, and phone number.

Mail to: Therapeutic Recreation Mailing List
12210 Bushey Drive
Silver Spring, MD 20902

Variety Venture Workshops

Adults, ages 21 and older, with physical, visual, hearing, or learning disabilities. All workshops are held at Inwood House, Silver Spring. Participants should have independent self-help skills and be able to communicate wants and needs.

New Times and Dates: March 31-May 17, 2003

Monday & Wednesday	Craft Night	7:30-9:00pm
Tuesday	Drop-in Workshop	Noon-2:00pm
Thursday	Ceramics	7:30-9:00pm

Material fee per project

Volunteer this Spring!

- Lead or assist in children's activities
- Support your local community center
- Coach children and youth in team sports
- Work with individuals with disabilities
- Provide administrative support
- Help with senior adult programs
- Serve on the advisory board
- Make special events successful!

Become part of our team!

Just call the team you want to work with.

**Job Opportunities**

Attention teachers, college students and high school grads!

Positions are available as counselors and site directors. If you enjoy working with children and are interested in a fun and exciting summer call:

Summer Camps throughout Montgomery County	240-777-6930
Summer Fun Centers	
Bethesda-Chevy Chase Region	301-983-4467
East County Region	240-777-4980
Mid County Region	240-777-4930
Silver Spring Region	240-777-4900
Upcounty Region	240-777-6940

See page 2 for program information.

SPORTS PROGRAMS

A variety of sports leagues for youth, teens, adults and seniors are offered on a year-round, countywide basis. Competitive levels exist for beginner and intermediate players.

Visit us on the web for information about sports skills schools and clinics. Most programs include ages 8-16 years and run in one- or two-week sessions. Call 240-777-6870 to have information sent to you.

Adult leagues register by team only and generally include Men's, Women's, and CoRec divisions. Registration materials for adult leagues may be obtained on a seasonal basis by request. Contact the Sports Team office at 240-777-6870 to receive current information. **Do not use the registration form in this Guide.** Individuals seeking to be placed on a team may call to be added to the list provided to managers.

Senior adult sports (age 50 and up), call Jim Ganz with Montgomery County Senior Sports Association at 301-236-9160.

Youth registration occurs on an individual or pre-formed team basis via flyers distributed quarterly through the schools. Volunteers are used to coach and implement these programs. The National Youth Sports Coaches' Association certification program is offered by the department. Interested adults may call for coaching information.

Program offerings include:

Sport:		Playing season-Number of Games			
Grade		Summer	Fall	Winter	Spring
Basketball					
Senior Adult				December-10 games	
Adult		June-10 games		December-10 games	
High School		June-10 games	September-10 games	December-10 games	
Rising Star, Grades 6-8		June-10 games		January-10 games	
Grades 3-8 ¹			September-9 games	January-8 games	
Instructional, Grades 1-2				January-9 sessions	
Baseball					
Montgomery County Baseball Association			September-10 games		April-August-varies
Grades 2-9					April-10 games
TBall Grades K-2					April-6 sessions
Field Hockey					
Girl's, Grades 5-8			September-6 games		
Football					
Co-Rec Flag			September-10 games		
Men's Touch			September-10 games		
Grades 2-8 Flag			September-8 games		
In line hockey					
Youth 6-16 years			September-8 games		April-8 games
Soccer					
Men's, Women's and Co-Rec			September-9/10 games		April-9/10 games
Instructional, Grades K-4 ²			October-6 sessions		April-6 sessions
Softball					
Senior Adult					April-14/28 games
Men's, Women's and Co-Rec		June-10 games	August-7/14 games		April-14/28 games
High School		June-8 games			April-8 games
Slowpitch Girls, Grades 3-8			September-8 games		April-8 games
Fastpitch Girls, Grades 5-9			September-8 games		April-8 games
Tennis (Classes, see page 28)					
Adult League ³			September-7 matches		April-7 matches
Volleyball					
Adult League			September-7 matches		April-7 matches
Clinics		June-7 weeks		January-7 weeks	

¹fall-grades 5-8 only

²spring-grades K-2 only

³singles, doubles, mixed doubles

National Youth Sports Coaches' Association (NYSCA) certification program

Certified volunteers are needed to coach in youth basketball, flag football, in line hockey, baseball and softball.

Certification includes the National Youth Sports Coaches' Association (NYSCA) program. This program trains and prepares youth coaches and provides secondary liability insurance for those completing the training. Contact Corky McCorkle at 240-777-6870 for a seasonal schedule of upcoming clinics.

OFFICIALS NEEDED

Individuals at least 16 years of age are needed to officiate games in our youth sports leagues. Salary is determined by previous officiating experience and education. For more information, call 240-777-6870.

Flag football-Saturday hours, October-November.
Grades 2-8. Training begins in September

Baseball/softball-Saturday and Sunday hours, April-June.
Grades 2-9 Training in March

Basketball-Saturday and/or Sunday hours, January-March.
Grades 4-6. Training in late November and December.

Sports and Fitness for Senior Adults

Montgomery County Senior Sports Association (MCSSA) encourages seniors 50 and over to participate in individual and team sports offered by Montgomery County Recreation Department. It also promotes the participation of seniors in the Maryland State Senior Games (Senior Olympics). Contact Jim Ganz at 301-236-9130 to join MCSSA or for more information.

For more MCRD Senior activities, see pages 4 and 5.

Senior Fitness Clinics

Warm weather is coming. Time to get out of the house and get active. Want to start a personalized fitness program, but don't know how or where to begin? Sign up for one of our free fitness clinics.

Learn the truth about getting in shape and how to lose those unwanted pounds. A sedentary lifestyle can lead to heart disease, osteoporosis and a weakened immune system. Improve your heart health through aerobic activity. Try out several weight bearing exercises that can offset bone loss and make everyday and sport activities easier with resistance training.

Come see what we have for you at your local Montgomery County Community Recreation Center. Learn what you can do at home to realize the same benefits without buying any equipment.

Call 240-777-6870 to request a class schedule.

Due to space limitations, the first 25 persons are eligible to participate. After receiving a registration form, fill it out and fax it (240-777-6890) or mail it to: MCRD Sports Team, 12210 Bushey Drive, Silver Spring, MD 20902. The deadline for registration is one week prior to the start date of the clinic. You will be contacted if the clinic you request is full or cancelled.

*Check with your doctor if you have a history of cardiovascular problems or other conditions that have prevented you from participating in an exercise program in the past.

1 Two hour session

Bauer Drive CC	4/1	Tu	10 am
Longwood CC	4/2	W	10 am
Wheaton CC	4/3	Th	10 am
Potomac CC	4/4	F	10 am
Coffield CC	4/8	Tu	10 am
Leland CC	4/10	Th	10 am
Fairland CC	4/11	F	10 am
Fairland CC	4/22	Tu	10 am
Germantown CC	4/26	Sa	10 am

No charge

Sports for Youth and Adults

First Tee Montgomery-Youth Golf

For youth interested in learning golf, MCRD is working in partnership with First Tee Montgomery, Inc. to provide program scholarships at the Laytonsville and White Oak golf courses. Instruction will be by PGA professionals. Students will learn the basics of the golf swing, rules, etiquette and other essentials of the game. Call 301-948-6613 or Laytonsville or White Oak Golf Courses for the schedule of upcoming sessions.

Badminton

Ages 9&Up: Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. Instruction provided by Montgomery County Badminton Club.

Beginner/Advanced Beginner

\$10 material fee due to the instructor the first class.

8 One hour sessions

85180 Bauer Drive CC MCBC 3/18 Tu 6:00pm **\$45**

Intermediate/Advanced

\$20 material fee due to the instructor the first class.

8 Two hour sessions

85181 Bauer Drive CC MCBC 4/26 Sa 10:30am **\$80**

Recreational Basketball

Ages 18&Up: Supervised free play in basketball continues throughout the school year. Come once or every week. All skill levels encouraged. Informal drop in program.

10 Two hour sessions

76658 White Oak MS Kensky 3/3 M 6:00pm **\$40**

6 Two hour sessions

85198 White Oak MS Kensky 5/12 M 6:00pm **\$30**

Holiday Hoops Basketball Clinic

Grades 3-8: For boys and girls. Instructed by One on One Basketball, Inc. Each day's session includes fun drills and scrimmages to enhance offensive and defensive skills and team play. Participants should bring lunch and a drink in an unbreakable container and wear non-marking tennis shoes. Call 240-777-6870 for information.

5 Six hour sessions

79351 Potomac CC One on One 4/14 M-F 9:00am **\$175**
79368 Fairland CC One on One 4/14 M-F 9:00am
79369 Wheaton CC One on One 4/14 M-F 9:00am

Basketball Clinics  ★

Basketball season is ending. Now is the time to get better! Join the professional staff from One on One Basketball for spring skills classes. These coed classes will emphasize fundamental skill development as well as team play in a fun, positive environment. Turn your weaknesses into strengths with One on One!

6 One hour sessions**\$60****Grades 1-2**

85185	Potomac CC	One on One	4/6	Su	12:00pm
85186	Wheaton CC	One on One	4/6	Su	12:00pm
85191	Fairland CC	One on One	4/6	Su	1:00pm
85184	Stone Mill ES	One on One	4/6	Su	1:00pm
85182	Germantown CC	One on One	4/6	Su	1:00pm

Grades 3-4

85187	Hoover, Herbert MS	One on One	3/31	M	6:00pm
85183	Leland CC	One on One	4/1	Tu	5:00pm
85196	Bradley Hills ES	One on One	4/2	W	6:30pm
85195	Stedwick ES	One on One	4/3	Th	6:00pm
85188	Germantown CC	One on One	4/6	Su	2:00pm
85192	Wheaton CC	One on One	4/6	Su	1:00pm
85562	Fairland CC	One on One	4/6	Su	2:00pm
85164	Potomac CC	One on One	4/6	Su	1:00pm
85190	Stone Mill ES	One on One	4/6	Su	2:00pm

Grades 5-6

85193	Hoover, Herbert MS	One on One	3/31	M	7:00pm
85189	Leland CC	One on One	4/1	Tu	6:00pm
85197	Bradley Hills ES	One on One	4/2	W	7:30pm
85194	Stedwick ES	One on One	4/3	Th	7:00pm
85513	Wheaton CC	One on One	4/6	Su	2:00pm
85563	Fairland CC	One on One	4/6	Su	3:00pm
85863	Germantown CC	One on One	4/6	Su	3:00pm
85512	Stone Mill ES	One on One	4/6	Su	3:00pm

In-Line Clinics-Skating  ★

Basic roller hockey skills for beginners. Skate, stop, turn and go! Instruction in gearing up, how to avoid falling down, skating forward and backward, stopping, turning, equipment maintenance, safety checks, skating games, and more.

Required equipment must be provided by the participant: in-line skates, helmet designed for biking or in-line skating, wrist guards, elbow and knee pads. Class will not meet in rain, call 703-803-7100 for weather announcements.

6 Fifty minute sessions**\$59**

85712	Ridge Road RP	4/21	M	4:30pm
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Field Hockey Clinics  ★

Grades 3-8: Girls, beginner through intermediate level players, will learn technical skill development through drills and scrimmages. Players need mouth and shin guards and stick.

4 Ninety minute sessions**\$40**

85211	Bushey Drive	Lieb	5/3	Sa	9:00am
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Drop in, informal, open play for 7th and 8th grade girls in the afternoons. Teams will be formed on site, and games played weekly.

4 Two hour and thirty minute sessions**\$10**

85962	Bushey Drive	Lieb	5/3	Sa	12:00pm
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Roller Hockey Clinics  ★

Take your game to the next level in this clinic for all skill levels. An intense, fast-paced class with an emphasis on power skating, ball control, passing, shooting, offense, defense, flow drills, goal tender training, scrimmages and more. For serious players only. Bring water bottle and snack. Call 703-803-7100 or 240-777-6889 for inclement weather announcements.

6 Fifty minute Sessions**\$59****Ages 6-8 years**

85199	Ridge Rd RP	Am. In-Line Skating	4/21	M	5:30pm
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Ages 9-12 years

85200	Ridge Rd RP	Am. In-Line Skating	4/21	M	6:30pm
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Soccer Clinics  ★

Instructional program for grades K-2 taught by professional instructors. Teams play 4 v 4 format and may have home and away scrimmages during the season. Emphasis on dribbling, passing, shooting and having fun. Recommend wearing shin guards and soccer shoes; optional Grades K-2 bring size 3 ball.

6 One hour sessions**\$50****Kindergarten**

85142	Bushey Drive	American Soccer	4/27	Su	1:00pm
85143	Dennis Ave ES	American Soccer	4/27	Su	1:00pm
85145	Bells Mill ES	American Soccer	4/27	Su	1:00pm
85150	Bannockburn ES	American Soccer	4/27	Su	1:00pm
85151	Fairland ES	American Soccer	4/27	Su	1:00pm
85152	Goshen ES	American Soccer	4/27	Su	1:00pm

First Grade

85154	Dennis Avenue ES	American Soccer	4/27	Su	2:00pm
85155	Fairland ES	American Soccer	4/27	Su	2:00pm
85158	Bells Mill ES	American Soccer	4/27	Su	2:00pm
85159	Bannockburn ES	American Soccer	4/27	Su	2:00pm
85162	Goshen ES	American Soccer	4/27	Su	2:00pm
85164	Christa McAuliffe ES	American Soccer	4/27	Su	2:00pm
85166	Bushey Drive	American Soccer	4/27	Su	2:00pm

Second grade

85168	Fairland ES	American Soccer	4/27	Su	3:00pm
85172	Bells Mill ES	American Soccer	4/27	Su	3:00pm
85173	Bannockburn ES	American Soccer	4/27	Su	3:00pm
85176	Goshen ES	American Soccer	4/27	Su	3:00pm
85177	Christa McAuliffe ES	American Soccer	4/27	Su	3:00pm

We Want You!

Part-time Staff are needed to lead a wide variety of activities. Become part of our team!

Call 240-777-6840 For an application:

Contractual Instructors are needed to instruct professional quality classes for all ages. Send a resume and class proposal to:

Montgomery County Department of Recreation
Personnel: Contractual Programs
12210 Bushey Drive, Silver Spring, MD 20902

WELLNESS FEATURE

HEARTS N' PARKS

In the last Montgomery County Recreation Guide, Hearts N' Parks was introduced to you as a fun and innovative way to get heart healthy through exercise and sound nutrition. This national, community based program supported by the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health and the National Recreation and Park Association (NRPA) has since then succeeded in its aim to increase physical activity and improve eating habits in a park and recreation setting here in Montgomery County.

What's Been Going on with Hearts N' Parks in Montgomery County?

Since our last guide, Hearts N' Parks has been successfully implemented in various programs and centers throughout the County! Our Longwood Seniors program held on Monday mornings has taken off with a boom! Approximately 30 senior women now participate once a week in low impact aerobics and resistance band exercises to show tunes, marches, and oldies. In addition to their physical fitness routine, the seniors have had several nutrition related lectures as well as a heart healthy cooking class. Hearts N' Parks is also implemented at the Coffield Community Center in its after school youth program. The kids are not only getting fit and improving their knowledge of heart healthy eating; they're having a blast doing it!

Hearts N' Parks was recently involved in the Youth Art Exhibit held at the Department of Recreation's headquarters in December. During the art exhibit's opening night, families were able to make their own healthy edible ladybug art using apples, peanut butter and raisins in our Hearts N' Parks activity room. Hearts N' Parks was also present during the Come Out and Play events and the Health Diversity Day Fair for Montgomery County employees held in January.

Future Hearts N' Parks Activities and Programs

This innovative program is ready to reach even more residents with upcoming events in the next few months. Keep your eyes open for our St. Patrick's Day Fun Walk for children ages 0-5, the Hearts N' Parks kick off at the Children's Festival during the Month of the Young Child in April, activities with the Montgomery County Infants and Toddlers program, additional senior and youth programs and much much more!

Cardiovascular disease is the second leading cause of death in Montgomery County, second only to cancer and the most common cause of hospitalization for middle aged adults. Increasing physical activity, improving nutrition and reducing high blood pressure and cholesterol can be the first steps in preventing cardiovascular disease. The foods you eat play a big part in keeping your heart healthy. But, what exactly is a

heart healthy eating plan? And is a heart-healthy eating plan important for everyone? All healthy Americans, 2 years of age or older, should eat in a way that is lower in total fat, saturated fat, cholesterol, sodium, and extra calories. Heart disease is still the number one killer of both men and women in the United States. High blood cholesterol, high blood pressure, smoking, being overweight, and physical inactivity increase your risk of getting heart disease. The good news is that you can change these risk factors and reduce your risk of heart disease.

In order to help your family eat in a heart-healthy way, follow these recommendations:

- 1. Choose foods low in saturated fat.** Less than 10 percent of the calories in your diet should come from saturated fat.
- 2. Choose foods low in total fat.** No more than 30 percent of the calories in your diet should come from fat.
- 3. Choose foods high in starch and fiber.** When eaten as part of a diet low in saturated fat and cholesterol, foods with soluble fiber—like oat and barley bran and dry peas and beans—may help to lower blood cholesterol.
- 4. Choose foods low in cholesterol.** Remember, dietary cholesterol can raise blood cholesterol, although usually not as much as saturated fat. Strive for less than 300 milligrams of cholesterol each day.
- 5. Choose foods lower in salt and sodium.** Americans, especially those with high blood pressure, should eat no more than about 2,400 milligrams of sodium a day. Remember to keep track of ALL salt eaten—including that in processed foods and added during cooking or at the table.
- 6. Maintain a healthy weight** and lose weight if you are overweight. Overweight adults with an "apple" shape tend to have a higher risk for heart disease than those with a "pear" shape. Keep in mind that many low fat foods can be high in calories so watch not only what you eat but how much you eat.
- 7. Be more physically active.** Being more active can help you lose weight, lower your blood pressure, improve the fitness of your heart and blood vessels, and reduce stress.

To learn more about Hearts N' Parks or to submit your own suggestions for program ideas, please contact: Kristin Franco, Program Specialist for the Montgomery County Department of Recreation at 240-777-6823 or visit our website at: hnp.mcrd.net

Be good to your heart and your heart will be good to you!

CLASSES & CLINICS

Holiday Clinics

240-777-4900

Club Holiday



Ages 3-5: Ahoy there! Come on board and enjoy spring break with your friends. Your Cruise Director will provide time to enjoy age appropriate sports, games, arts & crafts and more plus time to chat and visit with your friends. Features organized activities as well as special events! Sports include soccer, basketball, hockey and others. We'll have games as well as non-competitive activities designed for everyone's enjoyment. Bring a bag lunch. Price includes all materials.

Ages 3-5: Little Skippers will rotate through age appropriate activities and may only register for the am session!

5 Three hour sessions \$95

85076	Potomac CC	CTI	4/14	M-F	9:30am
85077	Longwood CC	CTI	4/14	M-F	9:30am

Ages 5-12: Participants may choose the activities they want to participate in.

5 Six hour sessions \$155

85074	Potomac CC	CTI	4/14	M-F	9:30am
85075	Longwood CC	CTI	4/14	M-F	9:30am

Tiny Tots

240-777-4900

Note: Children must be the correct age at the start of the program! No exceptions.

Transition to Stay-at-Home Mom



Adults: What happens when you give up or postpone a career in order to stay home and raise children? There are plenty of advice books telling how to take care of your baby, but what about managing the transition in your own lifestyle? This class will show you how the same attributes of self confidence, organizational ability and innovation that served you so well in the office can be made to work for you at home. Bring a bag lunch.

1 Two hour session \$25

84962	Holiday Park SC	Price	4/26	Sa	11:30am
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Art Adventures



Ages 2-5: All that glitters is Art Adventures! Join us for creativity, fun, motor skill development, language, and socialization in an adventure with colors, textures, paints, and glitter too! \$10 material fee due to instructor. Adult participation required. Is your child ready for more than forty-five minutes of fun? Check out the Me Too class!

8 Forty-five minute sessions \$48

84802	Bauer Drive CC	Ms Sharon	3/31	M	11:15am
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9 Forty-five minute sessions \$54

84803	Potomac CC	Ms Sharon	4/1	Tu	10:45am
84804	Leland CC	Ms Sharon	4/2	W	10:00am
84805	Leland CC	Ms Sharon	4/2	W	11:30am
84806	Leland CC	Ms Sharon	4/2	W	1:00pm
84807	Potomac CC	Ms Sharon	4/3	Th	9:30am
84808	Potomac CC	Ms Sharon	4/3	Th	10:15am

Messes and Masterpieces



Ages 2-4: Enjoy a fun-filled exploration of colors, textures, paints, glitter and glue designed to spark your child's imagination. Theme based classes combine stories, music and art as we experience seasons and holidays. Please wear old clothes or bring a smock. Weather permitting; we may take advantage of the outdoors so keep a hat and/or sunscreen handy. \$15 material fee due to the instructor. Adult participation required.

8 Forty-five minute sessions \$48

84916	Longwood CC	Ms Joan	3/31	M	10:00am
84917	Longwood CC	Ms Joan	3/31	M	11:00am
84918	Tilden Woods PC	Ms Joan	4/1	Tu	10:00am
84919	Tilden Woods PC	Ms Joan	4/1	Tu	11:00am
84920	Potomac CC	Ms Joan	4/2	W	10:00am
84921	Potomac CC	Ms Joan	4/2	W	11:00am
84922	Potomac CC	Ms Joan	4/2	W	1:15pm

Tiny Hands Crafts



Ages 2-6: This "hands on" class encourages children to be creative, get messy, and have fun with paint, glue, glitter, foam, fabric, wood items, and more. Kids will make at least 2 projects per class...most of them keepers! Please bring a smock. \$22 material fee due to instructor. Adult participation required.

8 Forty-five minute sessions

\$48

84932	Germantown CC	Tiny Hands	3/31	M	9:30am
84933	Potomac CC	Tiny Hands	3/31	M	9:30am
84948	Potomac CC	Tiny Hands	3/31	M	10:30am
84951	Coffield CC	Tiny Hands	3/31	M	10:15am
84934	Germantown CC	Tiny Hands	4/1	Tu	10:15am
84943	Wheaton CC	Tiny Hands	4/1	Tu	10:15am
84945	Leland CC	Tiny Hands	4/1	Tu	1:00pm
84939	Bauer Drive CC	Tiny Hands	4/2	W	9:30am
84950	Bauer Drive CC	Tiny Hands	4/2	W	10:30am
84937	Germantown CC	Tiny Hands	4/2	W	10:15am
84942	Longwood CC	Tiny Hands	4/2	W	10:15am
84931	Bauer Drive CC	Tiny Hands	4/2	W	1:00pm
84936	Longwood CC	Tiny Hands	4/3	Th	10:15am
84938	Coffield CC	Tiny Hands	4/3	Th	10:15am
84940	Germantown CC	Tiny Hands	4/3	Th	9:45am
84941	Fairland CC	Tiny Hands	4/3	Th	9:30am
84953	Fairland CC	Tiny Hands	4/3	Th	10:30am
84947	Germantown CC	Tiny Hands	4/3	Th	1:00pm
84949	Potomac CC	Tiny Hands	4/3	Th	1:00pm
84935	Bauer Drive CC	Tiny Hands	4/4	F	10:15am
84944	Potomac CC	Tiny Hands	4/4	F	10:15am
84946	Long Branch CC	Tiny Hands	4/4	F	10:15am

Mother Goose on the Loose



Ages 6-17 months: Stories, games, music, movement and much more! Have fun and meet new friends while enriching your child's language, large motor skills and social development. Adult participation required. Price includes all materials.

4 Thirty-minute sessions

\$20

84923	Norbeck PC	Lunking	4/25	F	9:45am
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Mother Goose on the Loose II



18 months-3 years:

4 Forty-five minute sessions

\$30

84924	Norbeck PC	Lunking	4/25	F	10:30am
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Time Out for Twos



Ages 24-36 months: Turned two? Have a wonderful time with music, crafts, finger plays and more! Please bring a smock for your child. \$10 material fee due to instructor. Adult participation required.

8 Forty-five minute sessions

\$48

84925	Leland CC	Ms Cathy	3/31	M	9:30am
84926	Leland CC	Ms Cathy	3/31	M	10:30am

9 Forty-five minute sessions

\$54

84927	Leland CC	Ms Cathy	4/1	Tu	9:30am
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Busy Bees



Ages 2½-4: Bee there and enjoy a wonderful, fun filled hour of creative movement, songs and crafts. Buzz in with a sibling, friend or fly solo and make joyful noises and monstrous messes in this honey of a social hour. Adult participation required. \$10 material fee due to instructor.

8 One hour sessions \$64

84812	Leland CC	Ms Cathy	3/31	M	11:30am
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9 One hour sessions \$72

84811	Leland CC	Ms Cathy	4/1	Tu	10:30am
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Little Explorers 

Ages 2½-5: Brand new exciting destinations! Join the jet set as we fly each week to a different country! Explore cultures and countries by combining aspects of play, story telling, language, geography, music, crafts and more! Some classes may include a taste of culture and special visitors. Discover the basic values and goals all the world shares such as love, friends, family and happiness. \$12 material fee due to instructor. Adult participation required for ages 2½-3½. Rotating adult participation for ages 3½-5.

8 Forty-five minute sessions \$48

Ages 3½-5:					
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84908	Quince Orchard PC	Grapek	4/5	Sa	9:30am
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Ages 2½-3:					
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84909	Quince Orchard PC	Grapek	4/5	Sa	10:15am
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Lion King Workshop 

Ages 3-5: Calling all cubs...come join the pride for a roaring good time! "Mane" attractions include creating different animals of the jungle, dancing and moving to music, making up our own story and more! \$15 material fee due to instructor. Adult participation required.

9 Forty-five minute sessions \$60

84907	Potomac CC	Ms Sharon	4/1	Tu	1:00pm
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Tiny Hands Chefs 

Ages 3½-6: Tiny hands love to cook! Make quick and easy recipes kids will love to prepare and eat. Bring your picky eater and come join the fun! \$25 material fee due to instructor. Adult participation required.

8 Forty-five minute sessions \$48

84928	Potomac CC	Tiny Hands	3/31	M	1:00pm
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84930	Longwood CC	Tiny Hands	4/1	Tu	10:00am
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84929	Bauer Drive CC	Tiny Hands	4/1	Tu	12:30pm
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Bugs Galore! 

Ages 2-4: Bugs, bugs and more bugs...there seems to be an endless supply of them in the Spring. Join us as we go on bug hunts, learn about bugs on the ground, in the air and in water. We'll even make some of our own silly bugs. \$5 material fee due to instructor. Adult participation required.

8 Forty-five minute sessions \$48

86462	Germantown CC	Swift	4/5	Sa	11:00am
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Let's Make Music 

Ages 3-6: Happy feet, fingers, and faces fill the room as your child sings, plays and moves to the beat! Weekly theme plus home made instruments. \$10 material fee due to instructor. Rotating adult participation.

8 Forty-five minute sessions \$48

85124	Germantown CC	Swift	4/5	Sa	10:00am
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Babies Music Morning 

Ages 12-24 months: Exposure to music to help infants develop a sense of timing, pitch and language skills through body movements, action songs, floor and lap games and rhymes and lullabies. Simple and safe percussion instruments used. \$5 material fee due to instructor. Adult participation required.

10 Forty-five minute sessions \$82

84809	Tilden Woods PC	Taousakis	4/2	W	9:45am
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84810	Wheaton CC	Taousakis	4/3	Th	10:10am
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Tiny Tots Music Morning 

Ages 2-5: Develop musical skill while singing and moving to songs, dancing to classical and jazz music and playing simple percussion instruments in an educational setting. A new instrument and theme introduced each week. The curriculum is based on those from music conservatories with fun, enjoyable and wonderful results. Adult participation required. \$5 material fee due to instructor. 4-5 year olds: Adult participation not required and include introduction to note reading, note value rhythm, ear training and more!

8 Forty-five minute sessions \$66

84954	Wheaton Lib	Taousakis	3/31	M	10:15am
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84955	Wheaton Lib	Taousakis	3/31	M	11:05am
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10 Forty-five minute sessions \$82

84957	Tilden Woods PC	Taousakis	4/2	W	10:30am
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84958	Tilden Woods PC	Taousakis	4/2	W	11:30am
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84960	Longwood CC	Taousakis	4/2	W	1:00pm
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84959	Wheaton CC	Taousakis	4/3	Th	11:00am
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84961	Wheaton CC	Taousakis	4/3	Th	1:00pm
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Discovering Music For Infants 

Ages 6 months-1 year: A fun, creative, enjoyable way to expose infants to music. Studies confirm that early exposure can enhance coordination & gross motor skills, inner beat for music, balance and reinforce cognitive learning. Infants, adults and instructors interact in positive and supportive ways. Enjoy singing with percussion instruments, rhymes, rhythmic massage and dancing. Adult participation required. \$20 material fee due to instructor. Additional class times are available at Golden School Studio. Call 301-951-3626.

10 Forty-five minute sessions \$75

84831	Clara Barton CC	Music for Life	4/1	Tu	9:15am
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84828	Fairland CC	Music for Life	4/2	W	9:15am
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84827	Upper County CC	Music for Life	4/3	Th	9:15am
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84826	N Chevy Chase PC	Music for Life	4/3	F	9:00am
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Discovering Music for Toddlers 

Ages 1-3: A fun, creative, and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings 0-8 months may participate at no charge. After 8 months, siblings pay class fee. Adult participation required. \$20 material fee due to instructor. Additional class times are available at the Golden School Studio. Please call 301-951-3626.

8 Forty-five minute sessions \$60

84845	Camp Seneca PC	Music for Life	3/31	M	10:15am
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84846	Camp Seneca PC	Music for Life	3/31	M	11:00am
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10 Forty-five minute sessions \$75

84832	Clara Barton CC	Music for Life	4/1	Tu	10:15am
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84833	Clara Barton CC	Music for Life	4/1	Tu	11:15am
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84835	Long Branch CC	Music for Life	4/1	Tu	10:15am
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86512	Potomac CC	Music for Life	4/1	Tu	5:15pm
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84834	Coffield CC	Music for Life	4/2	W	10:00am
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84842	Norbeck PC	Music for Life	4/3	Th	10:00am
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84838	Upper County CC	Music for Life	4/3	Th	10:15am
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84841	Upper County CC	Music for Life	4/3	Th	11:15am
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84836	N Chevy Chase PC	Music for Life	4/4	F	10:00am
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84837	N Chevy Chase PC	Music for Life	4/4	F	11:00am
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84839	Wayside ES	Music for Life	4/5	Sa	10:00am
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84840	Wayside ES	Music for Life	4/5	Sa	11:00am
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84843	Fairland CC	Music for Life	4/2	W	10:15am
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84844	Fairland CC	Music for Life	4/2	W	11:00am
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Exploring Music 

Ages 3-5: Discover and explore musical aspects and concepts. Covers rhythm, singing, ear training, movement, motor coordination and motor skills. Children play more complex percussion and melodic instruments as class progresses. Parent participation is required. Additional class times are available at the Golden School Studio. Please call 301-951-3626. \$20 material fee due to instructor.

10 One hour sessions \$110

85089	Potomac CC	Music for Life	4/1	Tu	4:00pm
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85090	Coffield CC	Music for Life	4/3	Th	4:00pm
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85091	Bauer Drive CC	Music for Life	4/2	W	4:00pm
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Let's Move and Play 

Ages 3-5: A fun class for boys and girls! Emphasizes basic motor skills, rhythm, and creative expression through music, dance and games. Adult participation required.

8 Forty-five minute sessions \$48

84906	Wheaton CC	Romanowski	4/1	Tu	10:00am
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84905	Fairland CC	Romanowski	4/1	Tu	1:00pm
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Me Too  

Ages 2-4: Combines exercise, dance, games, songs, and parachute fun to develop motor skills, educational concepts, and self esteem. Adult participation required. \$6 material fee due to instructor. Is your child ready for more fun? Check out the Art Adventures class!

8 Forty-five minute sessions **\$48**

84912	Bauer Drive CC	Ms Sharon	3/31	M	10:30am
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9 Forty-five minute sessions **\$54**

84915	Potomac CC	Ms Sharon	4/1	Tu	10:00am
84913	Leland CC	Ms Sharon	4/2	W	10:45am
84914	Potomac CC	Ms Sharon	4/3	Th	11:00am

Funfit  

Ages 1-2: A fun-filled adult/child high-energy activity class that includes songs, stories, parachutes, games, balls, music, and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Adult participation required. Child must be walking. Additional class times are available at the Redland Studio. Please call toll free 1-888-8FUNFIT. \$10 material fee due to instructor.

8 Forty-five minute sessions **\$52**

84854	Maplewd/Alta Vista PC	Funfit	3/31	M	9:30am
84855	Maplewd/Alta Vista PC	Funfit	3/31	M	10:15am
84856	Wheaton CC	Funfit	3/31	M	9:30am
84857	Wheaton CC	Funfit	3/31	M	10:15am
84859	Long Branch CC	Funfit	3/31	M	10:15am
84858	Quince Orchard PC	Funfit	4/1	Tu	9:30am
84882	Coffield CC	Funfit	4/1	Tu	9:30am
84860	Fairland CC	Funfit	4/1	Tu	9:30am
84861	Longwood CC	Funfit	4/1	Tu	9:30am
84862	Longwood CC	Funfit	4/1	Tu	10:15am
84863	Potomac CC	Funfit	4/2	W	9:30am
84864	Potomac CC	Funfit	4/2	W	10:15am
84865	Damascus Lib	Funfit	4/2	W	9:30am
84866	Damascus Lib	Funfit	4/2	W	10:15am
84867	N Chevy Chase PC	Funfit	4/2	W	9:30am
84868	N Chevy Chase PC	Funfit	4/2	W	10:15am
84869	Quince Orchard PC	Funfit	4/3	Th	9:30am
84870	Quince Orchard PC	Funfit	4/3	Th	10:15am
84871	Bauer Drive CC	Funfit	4/3	Th	9:30am
84872	Bauer Drive CC	Funfit	4/3	Th	10:15am
84873	Clarksburg PC	Funfit	4/3	Th	9:30am
84874	Tilden Woods PC	Funfit	4/4	F	9:30am
84875	Tilden Woods PC	Funfit	4/4	F	10:15am
84876	Leland CC	Funfit	4/4	F	9:00am
84877	Potomac CC	Funfit	4/4	F	9:30am
84878	Potomac CC	Funfit	4/4	F	10:15am
84879	N Four Corners PC	Funfit	4/4	F	9:30am
84880	N Four Corners PC	Funfit	4/4	F	10:15am
84881	Tilden MS	Funfit	4/5	Sa	9:30am
84883	Upper County CC	Funfit	4/5	Sa	10:15am

Ages 2-3:**8 Forty-five minute sessions** **\$52**

84887	Maplewd/Alta Vista PC	Funfit	3/31	M	11:00am
84888	Wheaton CC	Funfit	3/31	M	11:00am
84891	Long Branch CC	Funfit	3/31	M	11:00am
84902	Coffield CC	Funfit	4/1	Tu	10:15am
84903	Fairland CC	Funfit	4/1	Tu	10:15am
84889	Quince Orchard PC	Funfit	4/1	Tu	11:00am
84890	Longwood CC	Funfit	4/1	Tu	11:00am
84892	Potomac CC	Funfit	4/2	W	11:00am
84893	Damascus Lib	Funfit	4/2	W	11:00am
84894	N Chevy Chase PC	Funfit	4/2	W	11:00am
84895	Quince Orchard PC	Funfit	4/3	Th	11:00am
84896	Bauer Drive CC	Funfit	4/3	Th	11:00am
84897	Tilden Woods PC	Funfit	4/4	F	11:00am
84898	Leland CC	Funfit	4/4	F	9:45am
84899	Potomac CC	Funfit	4/4	F	11:00am
84900	N Four Corners PC	Funfit	4/4	F	11:00am
84901	Tilden MS	Funfit	4/5	Sa	10:15am
84904	Upper County CC	Funfit	4/5	Sa	11:00am

Funfit Three  

Ages 3-4: Enjoy a variety of age-appropriate games that require following directions and playing by game rules. Increased skill development, motor skills, and coordination. Further development of socialization, language skills, and cooperative play. Adult participation required for the class, but not necessary for every activity. \$10 material fee due to instructor.

8 Forty-five minute sessions **\$52**

84884	Bauer Drive CC	Funfit	4/3	Th	11:45am
84885	Longwood CC	Funfit	4/3	Th	5:15pm
84886	Tilden MS	Funfit	4/5	Sa	11:00am

Funfit Kids Like Me!  

Ages 2-5: Specially designed for kids with disabilities. Fun-filled adult/child high-energy activity class includes songs, stories, parachutes, games, balls, music, and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. Adult participation required. Additional class times are available at the Redland Studio. Please call toll free 1-888-8FUNFIT. \$10 material fee due to instructor.

8 Forty-five minute sessions **\$52****Ages 2-3**

85814	Stoneybrook PC	Funfit	3/22	Sa	9:30am
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Ages 4-5

85815	Stoneybrook PC	Funfit	3/22	Sa	10:15am
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Family Funfit  

Ages 18 months-4 years: A fun-filled, high energy activity class that includes games, songs, stories, music, parachute, balls, and more offering the whole family a great work out. Adult participation required. Children must be walking. Additional class times are available at the Redland Studio. Please call toll free 1-888-8FUNFIT. \$10 family material fee (per child) due to the instructor.

8 Forty-five minute sessions **\$52**

84847	Potomac CC	Funfit	3/31	M	4:00pm
84852	Quince Orchard PC	Funfit	4/1	Tu	10:15am
84850	Fairland CC	Funfit	4/1	Tu	11:00am
84851	Longwood CC	Funfit	4/1	Tu	11:45am
84849	Clarksburg PC	Funfit	4/3	Th	10:15am
84848	Bauer Drive CC	Funfit	4/3	Th	1:15pm

Wee Wanna Be  

Ages 2-5: Which sports players do your kids pretend to be? Builds self-esteem and confidence! Instruction in sports and agility training through supervised, non-competitive play sessions. Sports include: soccer, golf, tennis and kickball/t-ball. Bring one or more of your children, and come for the fun! Each child can participate at his/her own pace. \$20 material fee due to instructor. Adult participation required. Price is per child. Call 301-983-2690 for more info.

9 Forty-five minute sessions **\$63**

84974	Leland CC	CTI	3/31	M	9:00am
84975	Leland CC	CTI	3/31	M	9:45am
84990	Coffield CC	CTI	3/31	M	9:30am
84991	Coffield CC	CTI	3/31	M	10:30am
84992	Coffield CC	CTI	3/31	M	11:30am
84993	Coffield CC	CTI	3/31	M	12:30pm
84980	Longwood CC	CTI	3/31	M	11:30am
84976	Longwood CC	CTI	3/31	M	12:30pm
84978	Longwood CC	CTI	3/31	M	1:30pm
84963	Germantown CC	CTI	4/1	Tu	9:15am
84964	Germantown CC	CTI	4/1	Tu	10:15am
84965	Germantown CC	CTI	4/1	Tu	11:15am
84977	Germantown CC	CTI	4/1	Tu	12:30pm
84979	Germantown CC	CTI	4/1	Tu	1:30pm
84987	Upper County CC	CTI	4/2	W	9:30am
84988	Upper County CC	CTI	4/2	W	10:15am
84989	Upper County CC	CTI	4/2	W	11:30am
84985	Potomac CC	CTI	4/2	W	1:00pm
84986	Potomac CC	CTI	4/2	W	2:00pm
84966	Potomac CC	CTI	4/3	Th	9:30am
84967	Potomac CC	CTI	4/3	Th	10:30am
84968	Potomac CC	CTI	4/3	Th	11:30am
84981	Potomac CC	CTI	4/3	Th	12:30pm

84982	Potomac CC	CTI	4/3	Th	1:30pm
84969	Bauer Drive CC	CTI	4/4	F	9:15am
84970	Bauer Drive CC	CTI	4/4	F	10:15am
84971	Bauer Drive CC	CTI	4/4	F	11:15am
84983	Bauer Drive CC	CTI	4/4	F	1:30pm
84972	Oakland Terrace ES	CTI	4/5	Sa	9:15am
84973	Oakland Terrace ES	CTI	4/5	Sa	10:15am
84984	Oakland Terrace ES	CTI	4/5	Sa	11:15am

Coach Doug's Sports School

Ages 4-7: Join us for this innovative program based on the principals of the highly successful We Wanna Be classes which treat each child as a winner thus building self-esteem and enhancing cooperation. Classes focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Teamwork is emphasized and each child will receive a t shirt. Sports include soccer, t-ball and football. \$20 material fee due to instructor. Call 301-983-2690 for more info.

9 Forty-five minute sessions \$81

84813	Longwood CC	CTI	3/31	M	3:30pm
84815	Longwood CC	CTI	3/31	M	4:15pm
84814	Germantown CC	CTI	4/1	Tu	3:30pm
84818	Germantown CC	CTI	4/1	Tu	4:30pm
84816	Potomac CC	CTI	4/2	W	3:15pm
84817	Potomac CC	CTI	4/2	W	4:30pm
84820	Potomac CC	CTI	4/3	Th	2:30pm
84819	Potomac CC	CTI	4/3	Th	3:30pm
84821	Potomac CC	CTI	4/3	Th	4:30pm
84822	Bauer Drive CC	CTI	4/4	F	3:30pm
84823	Bauer Drive CC	CTI	4/4	F	4:30pm
84824	Oakland Terrace ES	CTI	4/5	Sa	12:15pm
84825	Oakland Terrace ES	CTI	4/5	Sa	1:15pm

Fitness for Youth

240-777-4980

Baton

Ages 5-12 Beginner: Fundamental twirling, marching, and basic dance techniques. Batons for class use are provided by instructor, however, purchase is recommended. Custom fit batons may be ordered at first class. Participants will demonstrate their skills in an informal parent performance at last class. Questions: Call Juli Duda at 301-607-6477.

10 Forty five minute sessions \$50

84463	Clemente MS	Duda	3/31	M	6:15pm
84464	Resnik ES	Duda	3/31	M	6:15pm
84465	Cashell ES	Duda	4/1	Tu	6:15pm
84469	Ride ES	Duda	4/1	Tu	6:15pm
84470	Brooke Grove ES	Duda	3/31	M	6:15pm
84466	Woodfield ES	Duda	4/2	W	6:15pm
84467	Damascus ES	Duda	4/3	Th	6:15pm
85315	Matsunaga ES	Duda	4/3	Th	6:30pm
84468	Bauer Drive CC	Duda	4/5	Sa	9:00am

Ages 5-12 Intermediate: Training continues through levels of proficiency in combining twirling, and dance as a soloist and in a team format. Routines are taught for a public appearance.

10 Forty-five minute sessions \$50

85314	Clemente MS	Duda	3/31	M	7:00pm
85313	Damascus ES	Duda	4/3	Th	7:00pm
84472	Bauer Drive CC	Duda	4/5	Sa	9:45am

Cheerleading

Ages 5-13 Beginner: Don't miss this exciting 4 week cheerleading program! Students will learn new cheers and chants, proper motions, tumbling, safe stunting, and dynamic choreography. Questions: Call Phil Brudner at 301-831-6665.

4 Two hour sessions \$60

84280	Bauer Drive CC	Brudner	5/19	M	4:00pm
84277	Olney ES	Brudner	3/31	M	5:00pm
84278	Germantown CC	Brudner	4/1	Tu	5:00pm
84281	Potomac CC	Brudner	5/13	Tu	4:00pm

Little Feet Aerobics

Ages 5-11: Children learn choreographed dances to popular music. Children gain confidence and develop a commitment to fitness and health. Participants should wear athletic shoes, shorts, and T-shirts. Additional locations will be publicized through the participating school. Questions: E-mail Nancy Merrill at nmerrill@erols.com

6 Forty-five minute sessions \$36

84473	Potomac ES	4/28	M	3:45pm
84474	Rock Creek Forest ES	4/28	M	3:45pm

7 Forty-five minute sessions \$42

86162	Barnesley ES	4/29	Tu	3:45pm
84480	Bethesda ES	4/29	Tu	3:15pm
84481	Dufief ES	4/29	Tu	3:15pm
84475	Jones Lane ES	4/30	W	3:15pm
84477	Wayside ES	4/30	W	3:45pm
84478	Germantown CC	5/1	Th	6:15pm
84479	Seven Locks ES	5/1	Th	3:20pm
84476	Rosemary Hills ES	5/2	F	3:40pm

Junior Jazzercise

Ages 5-11: Specialized noncompetitive dance fitness program for children. Benefits cardiovascular fitness, basic dance techniques, flexibility and coordination. Participants should wear loose clothes and tennis shoes. Questions: Jennifer Sambataro, 301-916-3533.

10 Forty-five minute sessions \$60

84482	Poolesville ES	Sambataro	4/4	F	3:20pm
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Funfit Kids

Grades K-2: A complete fitness class full of fun, as well as nutrition and health guidance for boys and girls. Class focuses on each child in a safe, stress-free, lighthearted and extremely fun atmosphere. All children participate in activities and games, no matter the skill level. Kids will take a snack break in the middle of the class to discuss in a fun way, how eating right and taking care of yourself is important. Kids should always wear sneakers and bring a nutritious snack. \$5 material fee due to instructor at first class.

8 One hour sessions \$48

84853	Longwood CC	Funfit	4/3	Th	4:00pm
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Dance for Youth

240-777-4980

Parents are not permitted to stay in the room, as spectators and interruptions are a distraction for the students.

PreBallet

Ages 5-6: An introductory class that includes creative movement, beginning technical exercises, floor exercise and a performance dance. The dress requirement (leotard, tights, and ballet slippers) will be discussed at the first class. Questions: e-mail Betsy Saunders at bmsjazzmatazz@aol.com

10 Forty-five minute sessions \$60

84486	Fairland CC	Haskell	4/5	Sa	11:15am
84487	Long Branch CC	Saunders	4/5	Sa	11:15am

Ballet

Ages 5-7: Introduces the basic movements of ballet and terminology.

10 Forty-five minute sessions \$60

84513	Potomac CC	Oleson	4/1	Tu	4:30pm
84514	Leland CC	Oleson	4/5	Sa	11:00am
84519	East County CC	TBA	4/5	Sa	11:00am

Kinderdance

Ages 3-5: Introduction to dance and group activity for preschool and kindergarten children emphasizing rhythm, coordination and dance.

10 Forty-five minute sessions \$60

84505	Upper County CC	Schattenberg	3/31	M	1:00pm
84507	Longwood CC	Schattenberg	4/1	Tu	1:00pm
84506	Potomac CC	Oleson	4/1	Tu	3:30pm
84509	Fairland CC	Schattenberg	4/3	Th	1:00pm
84700	East County CC	TBA	4/5	Sa	10:00am
84508	Leland CC	Oleson	4/5	Sa	10:00am

Preschool Dance by Jazzmatazz  ★

Ages 3-4: An introduction to dance through creative movement using a variety of musical styles that children love. Dress requirements (leotard, tights and ballet slippers) will be discussed at the first class. Questions: e-mail Betsy Saunders at bmsjazzmatazz@aol.com

10 Forty-five minute sessions						\$60
84483	Long Branch CC	Saunders	4/5	Sa	9:15am	
84484	Long Branch CC	Saunders	4/5	Sa	10:15am	
84485	Fairland CC	Haskell	4/5	Sa	10:15am	

Tap, Ballet & Jazz  ★

Beginner: A combination class introducing tap, ballet and jazz dance, emphasizing basic exercises, combinations, and creativity. Questions: Call Rowena DeLuca at 301-467-3535.

10 Forty-five minute sessions						\$60
Ages 4-6						
84717	Upper County CC	DeLuca	4/1	Tu	10:00am	
84708	N Four Corners PC	DeLuca	4/5	Sa	8:00am	
84709	N Four Corners PC	DeLuca	4/5	Sa	9:00am	
84710	N Four Corners PC	DeLuca	4/5	Sa	10:00am	

Ages 7-11						
84711	N Four Corners PC	DeLuca	4/5	Sa	11:00am	

Intermediate: A continuing class for those who have taken the beginning level.

10 Forty-five minute sessions						\$60
Ages 5-7						
84718	N Four Corners PC	DeLuca	4/5	Sa	12:00pm	
Ages 8-12						
84719	N Four Corners PC	DeLuca	4/5	Sa	1:00pm	

Dance for Adults & Teens

240-777-4980

There are only two types of people in the world; those who dance and those who wish they could. Now is the time to get involved in a fun exercise activity that you can do for the rest of your life.

Advertised program lengths include set-up and take-down time. Actual instruction time is fifty minutes. Please note that classes cancelled due to inclement weather or facility availability will be made up, if possible, by adding dates to the end of the session, extending remaining class time, or at another location.

Performing Dance

Questions: Call Rowena DeLuca at 301-467-3535.

Tap Dance for Adults  ★

Beginner: An introduction to the basics of tap and its terminology.

10 One hour sessions						\$60 single
84722	Capital View PC	DeLuca	4/2	W	6:00pm	
84723	Fairland CC	DeLuca	4/4	F	10:00am	

Intermediate: A continuation for anyone who had beginner class.

10 One hour sessions						\$60 single
84729	Capital View PC	DeLuca	4/2	W	7:00pm	

Advanced:

10 One hour sessions						\$60 single
84730	Capital View PC	DeLuca	4/2	W	8:00pm	

Ballroom Dance

Questions: Call Ray Bugnosen at 301-294-1797
 Gracia Bryan at 301-949-5847
 Ludwig Dahlberg at 301-698-2789
 or email ludwigdahlberg@yahoo.com
 Joe Kim at 301-774-3126
 Rebecca McKinney at 202-429-8064
 Paul Mola at 301-315-6226
 Tony Seleme at 202-210-0022
 Tom Woll 703-591-3839

Ballroom for Couples Only  ★

Beginner: Covers standard ballroom dance favorites.

10 One hour sessions						\$90 couple
84994	Bauer Drive CC	Seleme	3/31	M	7:00pm	
85000	Magruder HS	Kim	3/31	M	7:30pm	
84995	Whitman HS	McKinney	3/31	M	7:00pm	
84997	Holiday Park Sr C	Seleme	4/2	W	7:00pm	
85001	Germantown ES	Dahlberg	4/3	Th	8:00pm	
84999	Glenmont PC	Woll/Basso	4/3	Th	7:00pm	
85003	Leland CC	Mola	4/3	Th	7:30pm	
85862	Bells Mill ES	Dahlberg	4/2	W	7:00pm	

Intermediate: Prerequisite: Beginner ballroom course.

10 One hour sessions						\$90 couple
85005	Bauer Drive CC	Seleme	3/31	M	8:00pm	
85006	Whitman HS	McKinney	3/31	M	8:00pm	
85007	Sequoyah ES	Mola	4/1	Tu	7:30pm	
85009	Germantown ES	Dahlberg	4/3	Th	9:00pm	
85010	Glenmont PC	Woll/Basso	4/3	Th	8:00pm	
85013	Holiday Park Sr C	Seleme	4/2	W	8:00pm	
85012	Hollywood Ballroom	Seleme	4/3	Th	8:00pm	
85011	Leland CC	Mola	4/3	Th	8:30pm	
85014	Sherwood ES	Kim	4/4	F	7:30pm	

Intermediate 2: Prerequisite: Intermediate 1 ballroom course.

10 One hour sessions						\$90 couple
85039	Bradley Hills ES	Mola	3/31	M	7:30pm	

Advanced:

10 One hour sessions						\$90 couple
85021	Glenmont PC	Woll/Basso	4/3	Th	9:00pm	

Ballroom Dance for Singles & Couples  ★

Beginner: Students change partners frequently.

10 One hour sessions						\$60 single
85019	N Four Corners PC	Woll/Greenblat	3/31	M	7:30pm	

Intermediate: Students change partners frequently.

10 One hour sessions						\$60 single
85020	N Four Corners PC	Woll/Greenblat	3/31	M	8:30pm	

Ballroom Lessons, Practice & Parties  ★

Beginner/low Intermediate: Learn ballroom variations the first hour and then add to your enjoyment with a two-hour practice and party. Two potluck dinners during the course for Mr. Seleme's class only. \$20 per couple parties set-up fee due instructor.

10 Three hour sessions						\$160 couple
85017	Holiday Park Sr C	Seleme	4/4	F	7:00pm	

Ballroom Lessons & Practice  ★

Beginner/Intermediate

10 One hour sessions						\$90 couple
85018	Coffield CC	Woll/Basso	4/1	Tu	8:00pm	

Ballroom Wedding Dances  ★

Beginner: Learn dance routines for that blissful occasion: Foxtrot, Swing, and Waltz.

10 One hour sessions						\$90 couple
85035	Bethesda ES	McKinney	4/1	Tu	8:00pm	

Latin Dance**Bolero**  ★

Beginner and Intermediate: Bolero is a slow type of rumba danced to Spanish ballads.

10 One hour sessions						\$90 couple
85041	Sequoyah ES	Mola	4/1	Tu	8:30pm	

Latin  ★

Beginner: Popular dances: Pasodoble, Cha-Cha, Rumba, Merengue, Cumbia, Porro, Paseo, Samba.. Students change partners frequently.

10 One hour sessions						\$60 single
84276	Argyle PC	Bryan	4/2	W	7:30pm	

Latin Survival  ★

Beginner: Fun and interesting Latin rhythms: Cha Cha, Merengue, Rhumba and Tango. Create a foundation for all Latin dancing.

Students change partners frequently. Questions: Call Ludwig Dahlberg at 301-698-2789 or email ludwigdahlberg@yahoo.com.

10 One hour sessions					\$60 single
85022	Bells Mill ES	Dahlberg	4/2	W	8:00pm
85023	Germantown ES	Dahlberg	4/3	Th	7:00pm

Advanced: By invitation only. Questions: Call Ludwig Dahlberg at 301-698-2789 or email ludwigdahlberg@yahoo.com.

10 One hour sessions					\$60 single
85024	Bells Mill ES	Dahlberg	4/2	W	9:00pm

Salsa

Beginner: This is a hot dance that is on the rise worldwide. Students change partners frequently.

10 One hour sessions					\$60 single
85030	Coffield CC	Bugnosen/BDC3/31	M		8:30pm
85031	Fairland CC	Seleme	4/1	Tu	7:00pm
85032	Friendship Hts VC	Bugnosen	4/1	Tu	7:00pm
85033	Upper County CC	Bugnosen/BDC4/2	W		8:30pm
85079	East County CC	Bugnosen/BDC4/2	W		8:00pm
85080	Bethesda ES	McKinney	4/1	Tu	7:00pm

Salsa and Merengue

Beginner: On the rise worldwide. Includes partner dance, free style dance, and a party at each class. Students change partners frequently.

10 One hour sessions					\$60 single
85027	Barnsley ES	Kim	4/2	W	7:30pm

Intermediate/Advanced: Students change partners frequently.

10 One hour sessions					\$60 single
85028	Barnsley ES	Kim	4/2	W	8:30pm

Samba

Beginner:

10 One hour Sessions					\$90 couple
85016	Bradley Hills ES	Seleme	4/3	Th	9:00pm

Tango (American)

Beginner:

10 One hour sessions					\$90 couple
85034	Whitman HS	McKinney	3/31	M	9:00pm

Swing

Hustle for Couples

Beginner: The latest dance craze is the Hustle. It is an updated version done in discos, swing clubs and country western night clubs.

10 One hour sessions					\$90 couple
85040	Bradley Hills ES	Mola	3/31	M	8:30pm

Jitterbug for Couples

Beginner: Single and triple Swing.

10 One hour sessions					\$90 couple
85036	Bethesda ES	McKinney	4/1	Tu	9:00pm

Jitterbug for Singles

Beginner: Single and triple swing. Students change partners frequently.

10 One hour sessions					\$60 single
85025	Sherwood ES	Kim	4/4	F	8:30pm
85029	Fairland CC	Seleme	4/1	Tu	8:00pm

West Coast for Singles

Beginner/Intermediate: Learn all the basic moves and styling with great choreography and syncopations. Students change partners frequently.

10 One hour sessions					\$60 single
85078	Magruder HS	Kim	3/31	M	8:30pm

West Coast & Hand Dance for Singles

Beginner and Intermediate: This dance is similar to West Coast Swing and Lindy Hop with a smooth six-count rhythm.

10 One hour sessions					\$60 single
85081	Coffield CC	Bugnosen/BDC3/31	M		7:30pm
85082	Friendship Hts VC	Bugnosen/BDC4/1	Tu		8:00pm
85083	Upper County CC	Bugnosen/BDC4/2	W		7:30pm
85084	East County CC	Bugnosen/BDC4/2	W		7:00pm

Country Western Dance

Country Introduction for Singles

Introduction to Country couples dancing. Two weeks of Two Step, two weeks of Waltz, two weeks of East Coast Swing, two weeks of review. Students change partners frequently. Questions: Call Mike Takacs at 301-661-6647.

Beginner:

10 One hour Sessions					\$60 single
84287	Fairland CC	Takacs	3/31	M	8:00pm

Intermediate:

10 One hour sessions					\$60 single
84288	Fairland CC	Takacs	3/31	M	9:00pm

Country Western Line

Beginner/Intermediate: Learn the latest and the greatest line dances: The Freeze, Foot Boogie, Bartenders Stomp, Slappin' Leather, Tush Push, Copperhead, Matador, Metamorphowized, Swamp Thing, Midnite Waltz, Pina Co Cha Cha, Just for Grins, Uno Does Tres, Razor Sharp, Zydeco Lady and others. Questions: Call Mike Takacs at 301-661-6647 or Mary Gregg at 301-253-1312.

10 One hour sessions					\$60 single
84285	Fairland CC	Takacs	3/31	M	7:00pm
84286	Damascus SrC	Gregg	4/2	W	7:00pm

Folk Dance

Anna's Dance Party

Beginner/Intermediate: Learn how they party around the world. Lines, squares, circles and bunches. Come and have fun. Questions: Call Anna Pappas at 301-340-8723.

10 One hour sessions					\$60 single
84492	Beverly Farms ES	Pappas	4/4	F	7:30pm

Bhangra

Beginner/Intermediate: Enjoy and learn the latest dance craze. Bhangra is a vigorous and rhythmic dance for social parties. Questions: Call Kumud Mathur at 301-365-5231.

10 One hour sessions					\$60 single
84291	Potomac CC	Mathur	4/1	Tu	8:00pm

Cajun

Beginner/Advanced: Learn the Cajun Two Step, Waltz, and One Step. Fun and easy to learn. Students change partners frequently. Questions: Call Michael Hart at 301-762-6730.

8 One hour sessions					\$48 single
84289	Leland CC	Hart/Schiliro	4/2	W	7:00pm

Zydeco

Beginner/Advanced: A dance from Louisiana's Creole culture. The music blends American rhythm and blues with African and Caribbean rhythms. Students change partners frequently. Questions: Call Michael Hart at 301-762-6730.

8 One hour sessions					\$48 single
84290	Leland CC	Hart/Schiliro	4/2	W	8:00pm

International

Beginner/Advanced: The first part of class will be devoted to assisting beginners experience the culture, music and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more. The intermediate/advanced level dancers add dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and other countries. Questions: Call Phyllis Diamond at 301-871-8788.

6 Two hour and thirty minute sessions					\$30 single
84282	Leland CC	Diamond/Diamond	3/31	M	7:30pm

4 Two hour and thirty minute sessions					\$20 single
84283	Leland CC	Diamond/Diamond	6/2	M	7:30pm

Israeli

Beginner: Have fun and exercise while you learn traditional Israeli folk dances. Classes will be geared for beginner and no experience is necessary. Ages 12 through adult. Questions: Call Bernice Gordon at 301-570-0481.

10 One hour sessions					\$60 single
84284	Sherwood ES	Gordon	3/31	M	7:30pm

Middle Eastern (Belly Dancing) 📍 ★

Beginner/Intermediate: Using dance steps and movements passed down through the ages tone muscles with this unique method of figure control. Leotard and tights recommended. Questions: Call Moadama at 301-649-5363 or Anna Pappas at 301-340-8723.

10 One hour sessions					\$60 single
84292	Wheaton CC	Moadama	4/2	W	7:30pm
84293	Potomac CC	Pappas	3/31	M	7:30pm
84294	Germantown ES	Pappas	4/2	W	7:30pm

Intermediate:

10 One hour sessions					\$60 single
84489	Germantown ES	Pappas	4/2	W	8:30pm
84491	Potomac CC	Pappas	3/31	M	8:30pm

Senior Dance**Latin** 📍 ★

Beginner: Popular dances such as the Pasodoble, Cha-Cha, Rumba, Merengue, Cumbia, Porro, Paseo, Samba and more. Changing partners is a requirement. Questions: Gracie Bryan, 301-949-5847.

10 One hour sessions					\$30 single
84275	Holiday Park Sr C	Bryan	4/3	Th	1:00pm

Line 📍 ★

Questions: Call Lynne Osborne at 301-933-9480 or Anna Pappas at 301-340-8723.

Beginner: Get some exercise and have some fun. Teaches easy steps that everyone can learn to do.

10 One hour sessions					\$30 single
84493	Holiday Park Sr C	Osborne	3/31	M	1:30pm
84494	Fairland CC	Osborne	4/2	W	1:00pm
84495	East County CC	Pappas	4/3	Th	10:30pm

Advanced Beginner:

10 One hour sessions					\$30 single
84496	Holiday Park Sr C	Osborne	3/31	M	3:30pm

Intermediate:

10 One hour sessions					\$30 single
84497	Holiday Park Sr C	Osborne	3/31	M	2:30pm
84498	Holiday Park Sr C	Osborne	4/1	Tu	2:30pm
84499	Bauer Drive CC	Osborne	4/3	Th	10:00am

Advanced:

10 One hour sessions					\$30 single
84501	Holiday Park Sr C	Osborne	4/1	Tu	1:30pm
84502	Bauer Drive CC	Osborne	4/3	Th	11:00am

Group Variety 📍 ★

Advanced Variety: Approval of instructor needed. Questions: Call Anne Berk at 301-598-8533.

10 One hour sessions					\$30 single
84274	Holiday Park Sr C	Berk	4/1	Tu	10:00am

Performing Group Show 📍 ★

Intermediate/Advanced Show: Approval of instructor needed. Questions call Frank Robson at 301-572-4975.

10 One hour sessions					\$30 single
84488	Holiday Park Sr C	Robson	4/3	Th	2:30pm

Square Dance 📍 ★

Beginner: Questions: Call Betsy Taylor at 301-589-4868.

10 One hour sessions					\$30 single
84705	Schweinhaut SrC	Taylor	4/3	Th	10:10am

Square Dance Mainstream 1 📍 ★

For those who have completed the intermediate course and wish to learn the first half of the Mainstream Program of Modern Western Square Dancing. Questions: Call Betsy Taylor at 301-589-4868.

10 One hour and thirty minute sessions					\$45 single
84703	Long Branch CC	Taylor	4/1	Tu	8:00pm

Square Dance Plus 3 📍 ★

For those who have completed Plus 2. Questions: Call Betsy Taylor at 301-589-4868.

10 One hour sessions					\$30 single
84707	Schweinhaut SrC	Taylor	4/3	Th	11:10am

Music for Adults & Teens
240-777-4980**Beginning Keyboard & Music Theory** 📍 ★

Ages 16&Up: Quickly learn to make a full, impressive sound. Designed to get people playing their keyboards using easy play music in a timely fashion and to establish a basic understanding of the principles of music. Participants must bring their own keyboard.

10 One hour sessions					\$88
84500	Germantown CC	Schenker	4/3	Th	7:00pm

Contemporary Guitar 📍 ★

Ages 9&Up Beginner: Tune up and start playing your favorite songs without learning how to read music. Learn several songs utilizing strumming, bass strumming and finger picking techniques. Includes instructional songbook, additional songs and handouts. Bring a fully strung guitar (preferably acoustic), electronic tuner and pencil.

8 One hour and fifteen minute sessions					\$88
84757	Tilden MS	Gross	4/1	Tu	7:00pm

Continuing: Learn more songs and new chords including barre and power chords, and left hand techniques. Includes instructional book, additional packet of songs and handouts. Please bring a fully strung guitar, electronic tuner and pencil. New students with applicable experience/knowledge welcome.

8 One hour and fifteen minute sessions					\$88
84758	Tilden MS	Gross	4/1	Tu	8:15pm

Blues Guitar 📍 ★

Ages 12&Up Introduction: Learn basic elements of Blues and Blue-based rock and their applications to 12-bar Blues progressions and standards by artists like BB King and Stevie Ray Vaughn. Includes rhythms, intros, ending, leads, improvisational techniques and more! Bring a fully strung guitar (electric or acoustic), electronic tuner and pencil. Includes instructional song book with cd, cassette of songs and sheet music. Not for beginners but open to students who have completed beginning level and new students with applicable experience/knowledge.

8 One hour and fifteen minute sessions					\$98
84759	Tilden MS	Gross	3/31	M	7:00pm

Continuing: Prerequisite: Completion of Beginning level Blues Guitar or other intermediate level players with basic Blues Guitar knowledge. Develop ensemble skills by working in pairs. Increase chord voicing knowledge and focus on lead and improvisational techniques and application to songs of some blues greats. Includes instructional book with CD, of songs and sheet music. Bring fully strung guitar (electric or acoustic), electronic tuner and pencil.

8 One hour and fifteen minute sessions					\$98
84761	Tilden MS	Gross	3/31	M	8:15pm

Great Symphonies & Concertos 📍 ★

Ages 18&Up: Your musical host will lead you from the origin of the orchestra through the concerto gross, symphony and more, in this entertaining and enlightening program. Explore, understand and enjoy the styles of the great composers like Vivaldi, Bach, Haydn, Mozart, Beethoven and others.

6 One hour sessions					\$35
84755	Clara Barton CC	Hefner	3/8	Sa	1:00pm

Great Symphonies and Concertos II 📍 ★

Ages 18&Up Continuation: Explore twists and turns of orchestral form and style during the 19th century Romantic period. Enjoy the wondrous music of Beethoven, Schubert, Berlioz, Liszt, Brahms, Debussy and others. Note: New students are always welcome.

6 One hour sessions					\$35
84756	Clara Barton CC	Hefner	4/26	Sa	1:00pm

Highland Bagpipes 📍 ★

Ages 16&Up Introduction: Learn how to play without owning a set of pipes. The scale, musical executions and tunes are covered on a practice chanter, as well as the history of this ancient instrument. Participants must purchase a book and chanter, cost approximately \$30 from instructor.

4 Two hour sessions					\$55
84754	Fairland CC	Seplaki	4/2	W	7:00pm

Voice

Ages 12&Up Level I Beginner: Fundamentals of singing taught with emphasis on breathing, range extension, pitch support and interpretation. Attention to voice placement and singing without stress.

6 One hour sessions **\$35**
83824 Tilden MS Leadbetter-Hines 3/19 W 7:30pm

Level II: Prerequisite: Level I with Leadbetter-Hines. Last class will be a recital with date, time and location TBA.

7 One hour sessions **\$40**
83825 Tilden MS Leadbetter-Hines 3/19 W 8:30pm

Special Interest for Adults

240-777-4980

All advertised program lengths include set-up and take-down time. Actual instruction time may be less.

Dog Obedience

When deemed necessary by instructor, dogs may be assigned to a class better suited to their level of performance or owner may be asked to remove dogs from program. All pet vaccinations must be current. Prong collars are not permitted. \$5 material fee due at first class for Ms. Luecke's class only.

Puppy Kindergarten

Trainers Ages 12&Up/Puppies Ages 2-5 months: Prevent problems before they start. The puppy will explore and be trained to adjust to new sights, sounds, people, and dogs. Instruction in housebreaking, lead breaking and general discipline of puppy.

8 One hour sessions **\$51**
84765 MCRD Office Ganoë 4/12 Sa 9:30am

6 One hour sessions **\$38**
84766 Bauer Drive CC Luecke 4/27 Su 9:00am

Basic Obedience

Ages Trainer 12&Up/Dogs 5 months & Up: Training lead and collar required. Teach your dog to heel on a loose lead and come when called. Sit, down, stand and stay positions taught. Help with individual behavior problems given.

8 One hour sessions **\$51**
84770 MCRD Office Ganoë 4/12 Sa 10:30am

6 One hour sessions **\$38**
84767 Germantown CC Luecke 4/24 Th 6:30pm
84768 Bauer Drive CC Luecke 4/27 Su 10:00am
84769 Bauer Drive CC Luecke 4/27 Su 11:00am

Novice Obedience

Ages Trainer 12&Up/Dogs 6 months&Up: Prerequisite: a basic course. Intermediate level and continuing training. The goal is to have dogs heeling by voice or hand signals.

8 One hour sessions **\$51**
84771 MCRD Office Ganoë 4/12 Sa 11:30am

6 One hour sessions **\$38**
84772 Bauer Drive CC Luecke 4/27 Su 12:00pm

Water Sports**Maryland Boating Basics**

Ages 16&Up: This boating safety course is approved by Maryland Natural Resources Police and a certificate will be issued upon completion. Covers types of boats and motors, legal requirements for boat ownership, navigation rules, boat operation, accidents, and other topics. A mandatory requirement for a boat operation license.

2 Four hour sessions **\$20**
84763 Norbeck-Muncaster PC Sullivan 5/6 Tu 6:00pm
84791 Maplewood-Alta Vista PC Sullivan 6/10 Tu 6:00pm

Fly Tying

Ages 16&Up Beginning: Includes a discussion of tools and materials needed to get started and an introduction to the basic techniques for tying streamers, nymphs, wet and dry flies. \$10 fee due to instructor at class covers all tools and materials.

2 Three hour sessions **\$50**
85126 Capital View-Homewood PC Turenne 3/4 Tu 7:00pm

Games**Mah Jongg**

Ages 16&Up: Learn how to play Mah Jongg according to the National Mah Jongg League (NMJL) rules. Detailed explanation of NMJL card, various suits, and supervised play to perfect knowledge. Must purchase NMJL card before first class from the Nat. Mah Jongg League 212-246-3052, Abe's Book Store 301-942-2237 or Lisbon's 301-933-1800.

6 Two hour sessions **\$30**
82409 Holiday Park SrC Barr 4/29 Tu 10:00am
82410 Germantown CC Barr 4/30 W 7:00pm

Bridge I

Ages 18&Up: Club Series: Fundamentals of contract bridge, including point count, opening bids, responses, re-bids, overcalls, leads, and basic play of the hand. \$15 material fee due to instructor.

8 Two hour sessions **\$68**
84777 Potomac CC Moss 4/23 W 10:00am

Bridge II

Ages 18&Up: Diamond Series: Prerequisite: Bridge 1 or working knowledge of bridge basics. Improve bidding and play of the hand through lecture & supervised play. \$15 material fee due to instructor.

8 Two hour sessions **\$68**
84775 Leland CC Moss 4/22 Tu 10:00am
84781 Potomac CC Shafer 3/31 M 10:00am

How to Play Suit Contracts Part I

Ages 18&Up: Learn to play suit contracts with effective planning. Focuses on counting losers, drawing trump, discarding losers, establishing declarer's side suit or dummy's long suit. Contains over 40 hands to bid and play in class. Based on Pat Harrington's Suit Contract series. Material fee of \$15 due to instructor.

8 Two hour sessions **\$68**
84782 Leland CC Shafer 4/2 W 7:30pm

NEW Commonly Used Conventions

Ages 18&Up: Pre-requisite: Club and Diamond Series or a good working knowledge of bridge. A NEW and totally rewritten textbook by Audrey Grant. Improve use of competitive bidding. Learn new basic conventions; Jacoby Transfers, Weak 2's, the Strong 2 Club openers, and the Jacoby Two-No Trump responses. Master the art of the majors and minors. Learn the important Stayman Convention for those pesky NT auctions. \$15 material fee due to instructor.

8 Two hour sessions **\$68**
84780 Leland CC Friend 3/31 M 1:00pm

Play of the Hand

Ages 18&Up: Prerequisite: thorough knowledge of the basics of bridge. Improve your play of the hand. Bidding is over...now is your time to succeed. Lessons from Eddy Kantar's prize winning series. \$15 material fee due to instructor.

6 Two hour sessions **\$51**
84773 Potomac CC Von Moss 4/3 Th 10:00am

Polishing Your Basics Part I

Ages 18&Up: Prerequisite: Club & Diamond Series: A bidding and play workshop. Up to seven fixed hands available each week. Booklet with topic mini lessons and hand examples provided. Covers basic bidding and play of the hand techniques to reinforce lessons, as well as leads, Stayman, Blackwood, slam bidding, jump raises, watching entries, opening, responding bids and more. \$15 material fee due to instructor.

8 Two hour sessions **\$68**
84776 Leland CC Moss 4/22 Tu 7:30pm

Bridge Institutes

Top 10 Mistakes You Make at Bridge

Ages 18&Up: One of the most popular classes. The most common errors you need to recognize and learn not to repeat. For advanced beginners through advanced players!

1 Three hour session **\$20**
84785 Potomac CC Shafer 5/4 Su 2:00pm

Conventions #3

Ages 18&Up: a) The Cappelletti Convention: Do you roll over and play dead whenever your opponent opens 1NT. Learn when it's safe to compete and why. b) Leslie's Rule of Margaritas! Do you ever open light in 3rd seat? Mess your opponent up big time, but you need to learn when it is strategic and when it's dangerous. How to know if your partner is opening light, find out with the Drury Convention. For intermediate through advanced players.

1 Three hour session **\$20**
84789 Potomac CC Shafer 4/6 Su 2:00pm

Martial Arts for Youth & Adults 240-777-6940

Advertised program lengths include set-up and take-down time. Actual instruction time may be less. Classes cancelled due to inclement weather or facility unavailability are made up, when ever possible, by adding on to the end of the session, extending remaining class times or making up class at another location.

Aikido

Beginners-Ages 10&Up: A defensive martial art that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practice of Aikido, learn to manage conflict in your personal life. Be non-aggressive without being a victim. Coordinate mind and body and deal effectively with stress and tension. Emphases on Ki development.

10 One hour and thirty minute sessions **\$65**
83125 Children's Learning C Rowe 4/3 Th 6:00pm

Aerobic Kickboxing

Ages 16&Up: A super charged co-ed fitness program offering a cardiovascular and muscular strength workout. Get fit and have fun doing it. No equipment required. A non-contact fitness oriented class. Tompkins Karate Ass. Black belt instructors.

8 One hour sessions **\$40**

83667 Germantown CC TKA Staff 3/31 M 6:00pm

10 One hour sessions **\$50**

83668 Germantown CC TKA Staff 4/2 W 6:00pm

83669 Bauer Drive CC TKA Staff 4/1 Tu 6:00pm

83670 Bauer Drive CC TKA Staff 4/3 Th 6:00pm

85312 Potomac CC TKA Staff 4/2 W 6:00pm

Karate/Jujitsu

Ages 5-12 (must be 5 at start of program): Physical and psychological aspects are taught. Lecture, exercise, drills and competition with promotional exams. Instructors from Tompkins Karate Association (TKA). All locations accept beginning through advanced students. *At Upper County CC, Bauer CC, Resnik El, Fairland CC and Dufief El, beginners must attend the 6pm class.

10 One hour sessions **\$41**

83633 Longwood CC TKA Staff 3/31 M 6:45pm

83634 Upper County CC* TKA Staff 3/31 M 6:00pm

83635 Upper County CC TKA Staff 3/31 M 7:00pm

83636 Wheaton CC TKA Staff 3/31 M 7:00pm

83637 Baker MS TKA Staff 4/1 Tu 7:00pm

83638 Germantown CC TKA Staff 4/1 Tu 7:00pm

83639 Bauer Drive CC* TKA Staff 4/2 W 6:00pm

83640 Bauer Drive CC TKA Staff 4/2 W 7:00pm

83641 Potomac CC TKA Staff 4/2 W 7:00pm

83642 Resnik El* TKA Staff 4/2 W 6:00pm

83643 Resnik El TKA Staff 4/2 W 7:00pm

83644 Clara Barton CC TKA Staff 4/2 W 7:00pm

83645 Stedwick El TKA Staff 4/2 W 7:00pm

83646	Fairland CC*	TKA Staff	4/3	Th	6:00pm
83647	Fairland CC	TKA Staff	4/3	Th	7:00pm
83648	Dufief El*	TKA Staff	4/3	Th	6:00pm
83649	Dufief El	TKA Staff	4/3	Th	7:00pm
83650	Poolesville HS	TKA Staff	4/3	Th	7:00pm
83651	Takoma Park MS	TKA Staff	4/3	Th	7:00pm
83652	Bethesda El	TKA Staff	4/3	Th	7:00pm

Ages 13&Up: All locations accept beginning through advance students.

10 One hour and thirty minute sessions

83653	Longwood CC	TKA Staff	3/31	M	7:45pm	\$55
83654	Upper County CC	TKA Staff	3/31	M	8:00pm	
83655	Wheaton CC	TKA Staff	3/31	M	8:00pm	
83656	Germantown CC	TKA Staff	4/1	Tu	8:00pm	
83657	Baker MS	TKA Staff	4/1	Tu	8:00pm	
83658	Bauer Drive CC	TKA Staff	4/2	W	8:00pm	
83659	Clara Barton CC	TKA Staff	4/2	W	8:00pm	
83660	Potomac CC	TKA Staff	4/2	W	8:00pm	
83661	Stedwick El	TKA Staff	4/2	W	8:00pm	
83662	Bethesda El	TKA Staff	4/3	Th	8:00pm	
83663	Fairland CC	TKA Staff	4/3	Th	8:00pm	
83664	Dufief El	TKA Staff	4/3	Th	8:00pm	
83665	Takoma Park MS	TKA Staff	4/3	Th	8:00pm	

Karate Club

Ages 13&Up: Brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Student must be registered in a regular TKA class during the same season.

10 Two hour sessions **\$25**

83666 Bauer Drive CC TKA Staff 4/4 F 7:00pm

Isshin Ryu Karate

Ages 13&Up: Learn self-defense and a way of life, while gaining the benefit of a great workout. Develop self confidence, energy, strength and stamina. Become proficient in effective striking and blocking, and in other combat-oriented controlling techniques. Wear loose fitting clothes or white Gi. Training in non-contact sparring requires protective gear. See instructor for details. Students work at own pace; promotional advancement is available. Ongoing/continuous program.

10 One hour and thirty minute sessions **\$50**

82285 Ross Boddy CC Jenkins 3/31 M 7:00pm

82286 Ross Boddy CC Jenkins 4/9 W 7:00pm

Senbu

Ages 13&Up: This Japanese combination of martial arts and traditional fan dance movements was created by Doshu Shiro Shintaku, the founder of the Ten Shin Ichi Ryu system. Develop peaceful, yet effective martial arts skills, as well as cultivate an appreciation for the beauty of the traditional Japanese fan dance.

8 One hour sessions **\$50**

82559 Tilden MS Shintaku 4/10 Th 5:00pm

Kendo

Ages 13&Up: Modern sword training using bamboo swords. Protection for chest, head and hands are worn. Kendo benefits both mind and body through quick thought, quick reflexes, determination, self control and positive physical expression. The goal is not to defeat the opponent but to gain inner strength and mental confidence. Explore the ancient samurai, their philosophy and values. Material fee of \$25 is due to the instructor to cover cost of shinai.

8 One hour sessions **\$50**

83583 Tilden MS Shintaku 4/10 Th 7:15pm

Go Shin Do su

Ages 13&Up: Go Shin Do is a non-violent protection art which uses the mind, body, energy flow, and martial arts principles. This knowledge has been passed down over many centuries through various martial arts in Japan. The art cultivates peace, self-control and use of a positive mindset in students of all ages. Uniform and textbook can be purchased through the instructor.

8 One hour sessions **\$50**

83584 Tilden MS Shintaku 4/10 Th 8:15pm

Fitness for Adults

240-777-6940

Ages 18&Up unless otherwise noted in the description. Advertised program lengths include set-up and take-down time. Actual instruction time may be less. Classes cancelled due to inclement weather or facility unavailability are made up, whenever possible, by adding on to the end of the session and/or extending remaining class times or making up class at another location.

A.C.T. The Workout



A vigorous, easy to follow co-ed class. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness. Hand and/or ankle weights (optional). Designed to enable self pacing for those who wish to work at low impact steps. Heart rates monitored throughout the hour. **Register any time during session.**

A punch card for the number of sessions purchased is provided at class & can be used at any ACT location listed below for 3 months.

After registration, go to the class location of your choice and pick up your card. You may register and start at any time.

83111 \$136.60 for 36 One hour sessions (recommended 3 days a week)

83112 \$94.80 for 24 One hour sessions (recommended 2 days a week)

83113 \$73.80 for 18 One hour sessions (1.5 days a week)

83114 52.80 for 12 One hour sessions (1 day a week)

Class Locations	Days	Times
Wheaton CC	M,T,W,Th	6:00-7:00pm
Bauer Dr. CC	M,W	5:00-6:00pm
Bauer Dr. CC	M,W	6:00-7:00pm
East County CC	T,Th	7:00-8:00pm
Potomac CC	T,Th	7:00-8:00pm
Wheaton CC	Sat	9:00-10:00am
Potomac CC	Sat	9:00-10:00am
Wayside EL	Sun	9:30-10:30am

Ballet Exercise



Stretching, toning, balance, coordination and low impact cardio workout to classical music. Increase energy and flexibility, improve posture and body awareness. Wear comfortable clothing, soft ballet shoes or bare feet and tennis shoes. Bring light hand weights and mat. Instructor: former professional dancer, ACE certified, owner Fitness Care LLC and 25 years experience.

12 One hour sessions

81994 Tilden Ctr Kish 3/18 Tu 7:15pm **\$60**



Bio Aerobics



Cardio Fit (High/Low) Ages 12&Up: A complete high/low impact fitness program to condition the cardiovascular system and tone and strengthen muscle groups through easy to learn choreographed dances. Choose fitness level. Body sculpting included. IDEA & CPR certified instructors. Member IDEA & CPR certified instructors. Participants are encouraged to sign up for two days a week.

8 One hour sessions

\$28

82058	Germantown CC	4/1	Tu	7:00pm
82059	Germantown CC	4/3	Th	7:00pm

Cardio Fit (Low) Ages 12&Up: Same great workout as regular Bio Aerobics, but with low impact moves for safe yet effective exercise.

8 One hour sessions

\$28

82062	Long Branch CC	4/1	Tu	6:45pm
82063	Long Branch CC	4/3	Th	6:45pm

Tone & Firm Ages 12&Up: Increase flexibility; improve total body appearance; strengthen and tone abdominal, thighs and buttocks. Perfect for primary mat/floor exercise and to complement your regular aerobics program. Resistance devices optional.

8 One hour sessions

\$28

82067	Briggs Chaney MS	4/1	Tu	8:00pm
82068	Briggs Chaney MS	4/3	Th	8:00pm

Cardio Fit Half Hour Workout



Bio's regular aerobics in only 30 minutes. Use it alone or as a complement to the Tone & Firm class.

8 Thirty minute sessions

\$14

82071	Briggs Chaney MS	4/1	Tu	7:30pm
82072	Briggs Chaney MS	4/3	Th	7:30pm

Boxing Workout



Beginners: Introduction to a boxer's workout. Designed to teach students eye-hand and foot coordination while incorporating a boxer's exercise workout. No physical contact. Develop discipline, gain confidence while incorporating team sportsmanship.

8 One hour and thirty minute sessions

\$60

82726	Fairland CC	Johnson	4/5	Sa	10:00am
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Dancin' Fitness



Routines choreographed to a variety of upbeat music: popular oldies, show tunes, country and jazz. Warm-up, stretching, abdominals, upper body toning with optional weights and cool-down. Instructors are trained and CPR certified.

18 One hour sessions

\$68

81749	River Falls CC	Sobeck	3/31	M, W	9:00am
81750	Bannockburn El	Hutchinson	3/31	M, W	6:00pm
81751	Tilden MS	Azuree	3/31	M, W	7:00pm
81752	Glenallan El	Waldstreicher	3/31	M, W	7:30pm

20 One hour sessions

\$75

81753	Leland CC	Polack	4/1	Tu, Th	9:15am
81754	Veirs Mill PC	Antos	4/1	Tu, Th	9:30am
81755	Bauer Drive CC	Riley	4/1	Tu, Th	4:15pm
81756	Potomac CC	Skoney	4/1	Tu, Th	6:00pm
81757	Kemp Mill El	Watkins	4/1	Tu, Th	6:00pm
81758	Cashell El	Riggelman	4/1	Tu, Th	7:00pm
81759	Rock View El	Niemers	4/1	Tu, Th	7:30pm

9 One hour sessions

\$34

You must be registered in a two day a week class to sign up for this course.

81760	Veirs Mill PC	Weimers	4/5	Sa	9:00am
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Dare To Dance



Choreographed fitness program designed for those who like to DANCE. An effective cardiovascular workout through safe, easy and fun routines. Alternative low-impact steps and moves incorporated to allow students to choose their level. Stretching/toning segments begin and end each class. Instructor is CPR certified and IDEA member. Bring a mat.

18 One hour sessions

\$76

83119	Quince Orchard HS	Tanco	3/31	M, W	6:45pm
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Definitions



Strength Training: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Instructor has BA in Phys. Ed. and is ACE and CPR certified. Perfect for beginners and intermediates.

20 One hour sessions

\$82

83121	Clara Barton CC	Rodman	4/1	Tu, Th	9:15am
83167	Clara Barton CC	Rodman	4/1	Tu, Th	7:00pm

Definitions Low Impact Aerobics  

Get your heart rate up and the best of low impact aerobics! Join Judy Brooks choreography-based, fun and creative one-hour class. Teaching level is beginner to intermediate.

10 One hour sessions **\$41**
83169 Clara Barton CC Rodman 3/31 M 9:15am

Definitions Conditioning  

Don't miss this athletic conditioning workout including agility drills, plyometrics, balance activities and resistance training.

10 One hour sessions **\$41**
83170 Clara Barton CC Rodman 4/2 W 9:15am

Dynaerobics  

Co-ed fitness: A total program, perfect for cross trainers. Energizing warm-up, choreographed, safe hi and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel.

14 One hour sessions **\$60**

82107 Tilden Ctr Berry 4/7 M, W 6:00pm
82108 Cloverly El Dameron 4/7 M, W 6:30pm

16 One hour sessions **\$68**

82109 Bauer Drive CC Lambert 4/8 Tu, Th 6:00pm

8 One hour sessions **\$34**

82110 Bauer Drive CC Doyle 4/12 Sa 10:00am

Dynaerobics Body Challenge  

Body Challenge: A full 75 minutes of Co-ed fitness: aerobics plus body sculpting. Hi and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel.

16 One hour and fifteen minute sessions **\$85**

82262 Bauer Drive CC Doyle 4/8 Tu, Th 7:00pm

Dynaerobics Body Sculpting  

A serious workout to firm all major muscle groups: abdominal, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional.

14 One hour sessions **\$60**

82264 Tilden MS Gaither 4/7 M, W 6:00pm

8 One hour sessions **\$34**

82263 Bauer Drive CC Doyle 4/12 Sa 11:00am

Fitness Workouts: Weight Training  

Introductory level: designed to teach individuals safe and effective exercises that work all major muscle groups using machines, free weights and dumb-bells. Instructor is NSPA Certified Trainer.

4 One hour sessions **\$58**

82949 Bauer Drive CC Schwanke 4/12 Sa 10:30am

One on One Personal Training  

Supervised by Douglas Schwanke, B.S. NSPA Certified Conditioning Specialist & Personal Trainer, individuals of all ages learn benefits of exercise one on one through various strength training exercises (free weights, calisthenics, isometric training) and cardiovascular conditioning. All sessions held at the Bauer Drive or Coffield CC.

Days and times arranged by appointment. After you register, instructor will contact you to schedule location and times. You must register by first of the month you would like your training.

1 one hour session **\$52**

82946 March

82947 April

82948 May

Interval Training  

A Workout for the Mature Adult: 5-7 minutes warm up, 35 minutes of intense, non-impact cardiovascular workout, alternating intervals with hand weights and body bands at a ratio of 5 minutes to 2 minutes, floor work including abdominal, leg work and cool down stretches. Participants must provide their own hand weights.

6 One hour sessions **\$24**

82287 Woodacres ES Holland 4/7 M 6:30pm

10 One hour sessions **\$40**

82288 Woodacres ES Holland 3/26 W 6:30pm

Jacki Sorensen's Aerobic Programs  

Aerobic Dancing: Complete, safe, effective, fun fitness program burns calories and increases flexibility, strength and endurance. All routines adaptable to low impact and low intensity levels through self pacing. Heart rate monitoring and muscle strengthening with Vertiform (TM). Bring mat and hand and/or ankle weights (optional).

18 One hour sessions **\$81**

82279 Coffield CC Cottle 4/1 Tu, Th 7:00pm

10 One hour sessions **\$50**

82280 Potomac CC Baker 4/1 Tu 9:00am

86112 Potomac CC Baker 4/3 Th 9:00am

Jacki Sorensen's Aerobic Workout  

Jacki's non-dancing approach to fitness. A perfect co-ed program. Each class a head to toe fat burning workout not dependent on previous class attendance, simple to follow, easy to do. Bring mat.

10 One hour sessions **\$50**

82282 Longwood CC Baker 4/5 Sa 9:15am

Jacki Sorensen's Strong Step  

A high energy low-impact fitness class; a blend of exercise, bench and resistance training providing a full body workout. Students can adjust step level to vary intensity. Participants must provide own step and exercise mat 1-6 lbs. hand weights (optional).

10 One hour sessions **\$50**

82281 Potomac CC Baker 4/4 F 9:00am

Jazzercise  

Ages 18&Up: The world's largest dance fitness program choreographed by Judi Sheppard Missett. Includes 6-8 min. warm-up, 25-30 min. aerobic activity, floor routines for toning and strengthening, and a stretch/cool down period. Combines no-impact, low-impact and impact movements. *Upper County CC course has child care available for an additional fee (see instructor at class).

20 One hour sessions **\$100**

82952 Parks, Rosa MS Perry 4/7 M,Tu,Th 6:45pm

82954 Upper County CC* Elmore 3/18 Tu,Th,F 9:30am

Jazzmatazz  

Lively, choreographed, low impact/high intensity aerobic workout emphasizes muscular strength and flexibility, cardiovascular strength and endurance. Spri Xertubes (available from instructor for \$10) are required for strength training. Students are strongly urged to register for at least two days a week to achieve the best results.

9 One hour sessions **\$43**

83172 Sligo MS Saunders 3/31 M 5:30pm

10 One hour sessions **\$48**

83173 Sligo MS Saunders 4/2 W 5:30pm

83174 Fairland CC Saunders 4/1 Tu 5:30pm

83175 Fairland CC Saunders 4/3 Th 5:30pm

83176 Wheaton CC Saunders 4/1 Tu 7:15pm

83177 Wheaton CC Saunders 4/3 Th 7:15pm

Jazzmatazz Light  

Active Seniors & Beginners: A fun filled, choreographed workout that is similar to Jazzmatazz, but is lower to no impact, and still emphasizes muscular strength and flexibility along with cardiovascular strength and endurance. Spri Xertubes (available from instructor for \$10) are required for strength training. To achieve best results, students are strongly urged to register for both days.

10 One hour sessions **\$48**

83178 Wheaton CC Saunders 4/1 Tu 9:00am

83179 Wheaton CC Saunders 4/3 Th 9:00am

Jazzmatazz Long & Strong  

Pilates based program includes series of choreographed, but gentle, non-impact exercises designed to develop core abdominal muscles for spinal and lower back stabilization, strengthen the body while lengthening muscles, and increase overall flexibility. Long used by dancers to achieve their strong, lean, and supple bodies. For maximum benefits, students are strongly urged to register for both days.

9 One hour sessions **\$43**

83180 Sligo MS Saunders 3/31 M 7:00pm

10 One hour sessions **\$48**

83181 Sligo MS Saunders 4/2 W 7:00pm

Kelley's Complete Fitness Workout 📍 ★

Ages 13&Up: Safe, effective exercises to strengthen and tone major muscle groups. Stretching warmed-up muscles for flexibility, sensible aerobics to condition, burn fat and strengthen cardiovascular system, relaxation techniques and emphasis on proper body alignment and posture. Hand weights optional. The instructor is a physical education teacher with BS and 20 years experience.

8 One hour and fifteen minute sessions \$37

81938	Wheaton CC	Kelley	4/7	M	9:00am
81939	Longwood CC	Kelley	4/7	M	7:00pm

9 One hour and fifteen minute sessions \$42

81940	Bauer Drive CC	Kelley	4/2	W	9:00am
81941	Longwood CC	Kelley	4/2	W	7:15pm
81942	Wheaton CC	Kelley	4/3	Th	9:00am
83209	Viers Mill PC	Kelley	4/3	Th	7:15pm

Movin' with Millie Traditional Slimnastics 📍 ★

A unique exercise experience opening with a total body warm-up, aerobic conditioning for cardiovascular fitness and floor exercises for toning hips, thighs, abdominal and glutes. Program provides flexibility, endurance, strength. Bring mat and light hand weights (optional) to class.

8 One hour sessions \$30

81761	Pilgrim Hills PC	Trimble	4/9	W	9:30am
81762	Pilgrim Hills PC	Trimble	4/11	F	9:30am

Racewalking 📍 ★

For fitness, fun, or competition: Appropriate for all levels. An introduction to the elements of racewalking; proper technique and good training habits. A great place to meet training partners, have fun and improve overall fitness. Wear comfortable workout clothes and walking or running shoes. Meets rain or shine, at the front of school.

4 One hour and thirty minute sessions \$60

86012	Tilden MS track	Dicker	4/22	Tu	6:00pm
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Susan Taylor Workouts 📍 ★

Workouts give a Hi/Lo intensity choice, enjoy real music and lightly choreographed routines. Serious, fun and up to date.

14 One hour sessions \$56

81766	Leland CC	Taylor	4/8	Tu, Th	6:00pm
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Super Class: Your choice? Workout from 8:45-9:45 am and go home or stay for an additional 15 minutes of stretch and tone at no extra charge.

16 One hour sessions \$64

81765	Potomac CC	Taylor	4/7	M, W	8:45am
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Wellness for Adults & Teens 240-777-6940

Ages 18&Up unless otherwise noted in the description. Advertised program lengths include set-up and take-down time. Actual instruction time may be less. Classes cancelled due to inclement weather or facility unavailability are made up, when ever possible, by adding on to the end of the session and/or extending remaining class times or making up class at another location.

How to Do Massage Seminars 📍 ★

Learn basic anatomy, massage strokes, contraindications, and how the body can benefit from massage. Instructor is a certified Massage Practitioner. All massages are done fully clothed.

1 Two hour session \$22

Back Massage: Learn to give a great seated back massage! Bring massage oil or body lotion to class.

83774	Potomac CC	Schwanke	4/28	M	7:00pm
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Reflexology: Learn to give a great foot massage! Bring a mat and massage oil, or body lotion.

83775	Fairland CC	Schwanke	5/19	M	7:00pm
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Relaxation Massage 📍 ★

Learn the positive effects of massage to relieve stress and relax the body and mind. Includes simple anatomy and techniques of Swedish massage. Areas of concentration include; feet, hands, head, neck and back. Bring a pillow and blanket to first class.

4 Two hour sessions \$75

82023	Potomac CC	Barclay	4/23	W	7:30pm
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Qi Gong: A Different Kind of Exercise 📍 ★

Practiced for thousands of years in China for health, longevity, and gaining more life energy through exercise. Qi, the life force that flows throughout all living beings, and the five Phoenix sets, opens up energy flow in the meridians by eliminating blockages. Teaches meditative techniques along with movements and theory. Wear loose clothing. Booklets given out and tapes available for purchase.

8 One hour and thirty minute sessions \$80

83480	Germantown CC	Kramer	3/31	M	7:00pm
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Continuing: The course is a review of all of the forms taught in beginning class.

8 One hour sessions \$54

83481	Germantown CC	Kramer	3/31	M	8:30pm
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Qi Gong - Master 📍 ★

Dance of the Phoenix & Movements for Back Care: Taught by a Qi Gong Master Instructor. Movements specifically designed to open flow of energy in the back and whole body. Information on the benefits of self massage and acupressure also given.

10 One hour sessions \$100

83366	Leland CC	Zhang	4/2	W	12:30pm
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Shodo 📍 ★

Beginner: Shodo (Japanese Brush Writing) is the mental and physical expression of thoughts, feelings and interpretations through written word. In addition to introducing the Japanese language, Shodo, part of the training of true Samari, helps develop good concentration, natural hand motion and mental calmness. \$10 material fee is due to instructor. See *Martial Arts* for Kendo, the complement to Shodo.

8 One-hour sessions \$50

82560	Tilden MS	Shintaku	4/10	Th	6:00pm
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Tai Chi 📍 ★

Beginning: An ancient Chinese exercise form practiced by millions for both physical and spiritual development. Benefits the top athlete or anyone recovering from injuries or back problems. Tai Chi is a graceful, flowing form benefiting posture, strength and overall vitality. Wear loose clothing. Bring a mat/blanket for floor work. People interested in observing a class prior to registering are welcome.

8 One hour sessions \$48

83521	Bauer Drive CC	TBA	4/7	M	6:00pm
83522	Bauer Drive CC	TBA	4/7	M	7:00pm
83523	Watkins Mill HS	TBA	4/7	M	7:00pm

10 One hour sessions \$60

83524	Potomac CC	TBA	4/1	Tu	7:00pm
83525	Longwood CC	TBA	4/1	Tu	7:00pm
83526	Kemp Mill PC	TBA	4/2	W	7:00pm

Continuing Students Level II:**8 One hour sessions** \$48

83527	Bauer Drive CC	Leek	4/7	M	8:00pm
83528	Watkins Mill HS	Leek	4/7	M	8:00pm

10 One hour sessions \$60

83529	Longwood CC	Leek	4/1	Tu	8:00pm
86412	Potomac CC	Leek	4/1	Tu	8:00pm
83531	Kemp Mill PC	Leek	4/2	W	8:00pm

Tai Chi - Moving Meditation 📍 ★

A gentle health maintenance exercise. Perfect for both the young and the not so young seniors. The purpose is to promote a balanced and healthy life. Wear comfortable clothing.

8 One hour sessions \$48

83126	Leland CC	Williams	4/7	M	6:00pm
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Continuing: For students who have taken Tai Chi Moving Meditation with Williams.

8 One hour sessions \$48

83171	Leland CC	Williams	4/9	W	6:00pm
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Hatha Yoga 🏠 ★

A physically challenging program that emphasizes the development of agility, balance, muscle tone, endurance and vitality. Helps to reduce fatigue and aid in bringing relaxation to the body and mind. Learn new posture's (Asana) each week. All classes taught in a progressive, modular concept to form sequence for use in daily home practice. Wear non-restrictive clothing and bring a blanket/mat and bare feet to class. \$7 material fee due to instructor.

8 One hour and thirty minute sessions **\$84**

82710	Norbeck-Muncaster PC	Tyson	4/7	M	6:15pm
82713	Norbeck-Muncaster PC	Tyson	4/7	M	8:00pm
82711	Bauer Drive CC	Tyson	4/8	Tu	10:00am
82709	Upper County CC	Tyson	4/8	Tu	6:15pm
82712	Norbeck-Muncaster PC	Tyson	4/10	Th	6:15pm
84224	Norbeck-Muncaster PC	Tyson	4/10	Th	8:00pm

Continuing Level: Beginners may also attend.

84225	Upper County CC	Tyson	4/8	Tu	8:00pm
84226	Bauer Drive CC	Tyson	4/12	Sa	12:30pm

Hatha Yoga and Stress Management 🏠 ★

Beginner: Postures and exercises to tone, firm and realign body; relaxation visualization and stress management. Bring blanket or mat to class.

8 One hour sessions **\$64**

81763	Leland CC	Cooper	4/11	F	10:30am
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Intermediate/Advanced: Prerequisite: beginner class with Cooper.

8 One hour and fifteen minute sessions **\$80**

83672	Leland CC	Cooper	4/11	F	9:15am
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Yoga for Your Life 🏠 ★

An Inner Journey Beginning: Yoga offers us a way of being that emphasizes mind/body, soul/spirit. Daily living offers opportunity to put these principles into practice. Learn postures and techniques that enhance health reduce the stress in your life and bring you inner and outer peace and harmony. Bring mat/blanket to class.

8 One hour and thirty minute sessions **\$84**

83777	East County CC	Dixon	4/2	W	9:15am
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Continuing: Prerequisite is a beginning yoga class.

83776	East County CC	Dixon	4/2	W	7:00pm
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Yoga Plus 🏠 ★

An exercise system that draws upon traditional yoga poses and modern exercises movements. Instructor is a long-time certified yoga practitioner. Class covers breathing, stretching for tone and flexibility, static and flowing postures for strength and balance, meditation and relaxation. Body massage balls of various sizes used for deep body massage and relaxation. Feel worked out, yet calm and serene. Bring blanket and yoga sticky mat (or purchase mat at class for \$25). \$16 material fee for balls due to instructor.

6 One hour and thirty minute sessions **\$72**

82719	Potomac CC	Wong	4/7	M	7:00pm
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**Yoga Stretching for Health** 🏠 ★

The stretching elements of yoga used to improve flexibility, posture and muscle tone while calming the mind and improving concentration. Introduces the Body Rolling Ball, a technique for self-massage and relief of muscle tightness with special attention to neck, back, shoulder and hip areas where tension and pain often occur. Appropriate for all fitness levels. Wear tight fitting clothes and. bring yoga sticky mat (or purchase mat at class for \$25). \$16 material fee for balls due to instructor.

6 One hour and thirty minute sessions **\$72**

82721	Potomac CC	Wong	4/7	M	5:00pm
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Yoga Plus Body Rolling Workshop 🏠 ★

A new yoga-like technique using body weight and a soccer- size ball that enables self-massage and muscle tension release. It is practiced according to specific routines in a sequence that follows the muscles from origin to terminus. It elongates muscles, relaxes, and improves tone and self-awareness. Basic techniques taught for subsequent practice at home and office. Suitable for aging baby boomers, exercise enthusiasts, non-exercisers, and those with body alignment problems. Sports, yoga and exercise instructors and physical therapists will find this a rewarding addition to their program. Bring blanket and yoga sticky mat (or purchase mat at class for \$25). \$16 material fee for balls due to instructor.

1 Two hour and thirty minute session **\$50**

82723	Potomac CC	Wong	5/4	Su	1:00pm
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Yoga with Strength Training 🏠 ★

Improve overall health and well being through a gentle resistance workout using Xertube. Improve balance, muscle and bone mass and stamina. Exercises & yoga postures designed to improve range of motion, flexibility and relaxation with breath awareness to increase oxygen supply, improve circulation and reduce tension. Bring mat.

8 One hour sessions **\$56**

82945	Potomac CC	Hobbins	4/7	M	10:00am
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Vini Yoga 🏠 ★

Mixed levels: Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility and learn to release tension. Introduction to meditation.

8 One hour and fifteen minute sessions **\$70**

82310	Potomac CC	Miller	4/10	Th	9:15am
82311	Potomac CC	Miller	4/10	Th	6:30pm
82312	Leland CC	Martin	4/9	W	9:30am
82313	Leland CC	Martin	4/8	Tu	6:30pm

Intermediate: Previous yoga experience required. More emphasis placed on sequences, breathing, & meditation.

7 One hour and fifteen minute sessions **\$62**

83673	Potomac CC	Miller	4/7	M	6:30pm
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Vini Easy Going Yoga for Seniors and All Others: Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength flexibility; release tension. Introduces meditation.

8 One hour and fifteen minute sessions **\$70**

82360	Potomac CC	Miller	4/10	Th	10:45am
82361	Leland CC	Martin	4/9	W	10:45am

Yoga for Pregnancy 🏠 ★

Helps women prepare for birth. Will ease the birthing process, reduce pain and increase the joy of pregnancy and birth. The focus is on breathing, stretching, toning, posture awareness and relaxation. Certified instructor. Bring a mat to class.

8 One hour and thirty minute sessions **\$112**

82716	Clara Barton CC	Wong	4/12	Sa	10:00am
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Sailing for Adults

240-777-6940

Hands-on classes with US Sailing Certified instructors. Majority of time is spent sailing. Includes: Boat rental, equipment use, life jacket, plus, free supervised practice in the class boat during designated weekends. US Sailing completion booklets are given for successful completion of course (additional fee for mailing to US Sailing for membership). An additional free hour of boat rental is available. Food, shower and changing facilities available. Dress for weather, we meet rain or shine, and wear rubber-soled shoes. Hats, sunglasses, and drinking water recommended. Optional Red Cross sailing text available at class for \$15.

Basic/Advanced Basic Weekend

Ages 18&Up: On board Flying Scots, one of the finest 19' day-sailors available. For beginners or those who have been out, but really need to learn to sail this time. 4 students per boat plus instructor.

2 Six hour sessions						\$180
84797	Wash Sailing Marina	Vashaw Inc.	5/10	Sa, Su	9:30am	
84798	Wash Sailing Marina	Vashaw Inc.	5/17	Sa, Su	9:30am	
84799	Wash Sailing Marina	Vashaw Inc.	5/31	Sa, Su	9:30am	
84800	Wash Sailing Marina	Vashaw Inc.	6/7	Sa, Su	9:30am	
84801	Wash Sailing Marina	Vashaw Inc.	6/14	Sa, Su	9:30am	

Arts & Crafts Institutes

240-777-4930

Bead Stringing & Knotting

Ages 18&Up: Beginner: Learn to create and restore your necklaces and earrings in a professional manner. Knot and restore with proper use and handling of tools and supplies. \$10 material fee due to instructor.

1 One hour and thirty minute session						\$20
76034	Potomac CC	Starr	6/14	S	9:00am	
76032	Upper County CC	Starr	5/24	S	9:00am	
76031	Wheaton CC	Starr	5/6	T	7:00pm	

Ages 18 & Up: Intermediate: Must know how to knot. Bring all of the materials used in the Beginner class. \$10 material fee due to instructor.

1 One hour and thirty minute session						\$20
76030	Bauer Dr CC	Starr	6/24	T	7:00pm	

Ages 18&Up: Advanced: Explore design and wire wrapping. Bring in your problem jewelry designs/repairs/assembly. Bring roundnose pliers. \$10 materials fee due to instructor.

1 One hour and thirty minute session						\$20
76028	Fairland CC	Starr	6/28	S	10:00am	

Cartooning Workshop

Ages 8-14: Explore the many forms of cartoon drawing, caricatures, humorous cartoons and apply your powers of imagination to a variety of projects. Bring drawing pad, pencils, magic markers, tempera colors, eraser, brushes. Finish two projects of your choice. \$2 material fee due to instructor.

1 One hour and thirty minute session						\$20
76035	Wheaton CC	Asher	4/26	S	12:30pm	

Oil-Portrait Workshops

Ages 12&Up: Review color theory, the use of color, composition, observation of line, shape and form, light shadow, reflected light, texture and oil techniques. Bring paper towels. Material list on confirmation receipt or \$45 material fee due to instructor.

1 Four hour Session						\$50
76064	Potomac CC	Prinsloo-Phillips	5/25	Su	2:00pm	
76067	Potomac CC	Prinsloo-Phillips	5/24	S	2:00pm	

Gallery Showing of MCRD Student Art

Ages 10&Up: Class participants may submit art work to their class instructor for jurying and display. Gallery show will be held at Leland Community Center. Deadline for registering is April 12. See Art Class Instructor for details. Acceptance of work to display is done by instructor. \$5 cash materials fee payable at art intake on 4/15 at 4:00pm at Leland CC.

1 Two hour session						\$25
85378	Leland CC	MCRD	4/19	S	10am	

Herbal Soapmaking

Ages 18&Up: Learn to make hand crafted herbal soaps with vegetable oils, lyes, herbs and essential oils. This exciting, old fashioned craft will provide you with special soaps and makes great gifts. \$5 material fee due to instructor at class includes booklet and bar of soap. Rubber gloves, apron and eye protection (goggles) are mandatory.

1 Two hour and thirty minute session						\$25
84503	Sligo Ave. PC (Sligo Urban)	Plant	4/30	W	7:30pm	

Family and Children's Art Classes

240-777-4930

Chinese Brush Painting/Family

Ages 6&Up: Step by step instructions of the four gentlemen; bamboo, plum, orchid and chrysanthemum. Adult participation not required. \$30 material fee due to instructor includes bamboo brushes, black ink, and rice paper. Bring 12-color watercolor set.

6 Two hour sessions						\$66
76037	Germantown CC	Kim	5/3	S	12:00pm	

Creative Crusaders (Childrens Drawing)

Ages 7-14: Unlock the mystery of color, discover the mechanics of drawing, and develop confidence along the way. Fun activities guide you in your journey. Bring assorted large set of washable markers and 11" x 14" tablet of bond paper and \$6 material fee due to instructor.

8 One hour and thirty minute sessions						\$70
76043	Germantown CC	Deskin	4/17	Th	4:00pm	
85127	Bauer Drive CC	Deskin	4/8	T	4:00pm	

Drawing & Watercolor for Children

Ages 8-12: Explore drawing and painting landscapes and people. Learn and develop skills in perspective, composition, proportions working in watercolor. Material list on confirmation receipt. Register in advance.

6 Two hour sessions						\$70
76045	Upper County CC	Blevins	5/10	S	10:00am	

Drawing Through the Creative Eye

Ages 8-13: Improve visual perception through basic drawing skills: shape, form, space, light, movement, dynamics, expression, composition and balance. Drawings rendered from still life. Material list on confirmation. NO previous drawing experience required.

8 One hour and thirty minute sessions						\$90
76048	Cabin John MS	Vafai, G.	5/7	W	4:00pm	

Family Handbuilt Pottery Methods

Ages 6&Up: Discover different methods of building clay by hand: coil, pinch and slab. Decorate with colorful underglazes. Adult participation NOT required. Materials are strictly nontoxic and lead free. \$25/person material fee due to instructor at first class.

5 One hour and thirty minute sessions						\$42
76053	Germantown CC	Kim	5/5	M	6:30pm	
76054	Germantown CC	Kim	5/3	S	2:00pm	

Family Pottery Night

Ages 7&Up: Hand building, some wheel and paint pieces. Adult must register and participate each class. \$25/person material fee due at class. Extra fees charged for additional clay.

6 One hour sessions						\$50
76055	Bauer Drive CC	Dion	5/8	Th	6:00pm	

Handbuilt Pottery-Children II ☎ ★

Ages 7&Up: Pottery for all ages! Have fun with clay and create different forms of pottery using slab, pinch, and free form methods. Create four different projects. \$20 material fee due first day. Additional material fees charged for additional clay.

6 One hour sessions \$70
76056 Bauer Drive CC Dion 5/8 Th 4:00pm

Introduction To Clowning ☎ ★

Ages 16&Up: Emphasis on how to look and "think like a clown". Includes exercises on exaggerated facial and body gestures and humorous presentations of skills. Also covers costuming and make-up, including application, basic magic skills, balloon sculpture, walk-arounds, props, face painting, puppets, juggling, games and skits. \$7 material fee due to instructor.

6 Two hour sessions \$40
84795 Germantown CC Asbeck 3/4 Tu 7:00pm

Millenium Art Lovers (Drawing & Painting) ☎ ★

Ages 8-14: Spark your creative world with different techniques of drawing and watercolor painting. Bring HB,2B,6B pencils, markers, erasers and drawing pad to first class. \$2 material fee due to instructor and additional supply list provided on first day.

8 One hour and thirty minute sessions \$70
76063 Wheaton CC Asher 4/26 S 2:30pm

Fine Art for Adults & Teens

240-777-4930

Acrylic Painting ☎ ★

Ages 16&Up: Demonstration and discussion of various abstract art styles, and exploring individual expression through creating an abstract. Material list on confirmation receipt.

8 Two hour sessions \$90
76021 Kowing Studios Kowing 4/29 Tu 7:00pm

Acrylic Painting Techniques ☎ ★

Ages 15&Up: All ability levels-Learn to use acrylics to resemble the look of oil paintings. \$8 material fee due to instructor. Material list on confirmation receipt. Please bring several pictures of what you would like to paint to work from. Come prepared to paint.

8 Two hour sessions \$90
76023 Leland CC Deskin 4/7 M 7:00pm

Beginner's Watercolor ☎ ★

Ages 18&Up: Here's the basics for working with watercolors: selecting paper, paints and brushes. Learn how to make specific brush strokes. Get some ideas for composition and using color. \$5 handout fee due to instructor covers handout and instructor's materials. Call instructor at 301-989-1799 for supply list.

6 Two hour sessions \$95
76832 Krit Studios Krit 4/30 W 10:00am

Drawing Techniques ☎ ★

Ages 16&Up: Beginners: Discover the basic concepts and fundamentals of drawing. Focus on composition, perspective, and human figure, practical exercises with individual instruction and guidance. Material list on confirmation receipt

6 Two hour sessions \$70
76047 Longwood CC Blevins 5/6 T 7:00pm

Drawing: Foundations in Expression ☎ ★

Ages 18&Up: Render from still life and work in pencil, charcoal and ink. Study composition, balance, shape, form, space, light, movement, and the dynamics of expression. Material list on confirmation receipt.

6 Two hour sessions \$70
76050 Cabin John MS Vafai, S. 5/7 W 6:30pm

Oil Painting ☎ ★

Ages 12&Up: Discover techniques in painting with oil as well as landscapes: composition, perspective, color theory, light, shadow and more. Material list on confirmation receipt or \$45 material fee due to instructor at first class. Bring paper towels to class.

6 One hour and thirty minute sessions \$70
84560 Leland CC Prinsloo-Phillips 6/2 M 6:30pm
76065 Potomac CC Prinsloo-Phillips 5/4 Su 6:00pm

Painting Flowers ☎ ★

Ages 18&Up: Paint happy daisies or elegant roses in a crystal vase. From potted plants to blooming shrubs, you can paint it all! Bring your watercolor or acrylic paints. We'll work from photos. Call 301-989-1799 for supply list. \$5 handout fee due to instructor.

6 Two hour sessions \$95
76068 Bauer Drive CC Krit 5/5 M 10:00am

Painting with Light ☎ ★

Ages 18&Up: Learn to paint the quiet of a summer morning, the warm glow of afternoon or the sparkle of fireworks in the night sky. Use low light to paint a sleepy kitten or bright light to show the joy of a child's birthday party. Bring your watercolor or acrylic paints. Call 301-989-1799 for supply list. \$5 hand out fee due to instructor.

6 Two hour sessions \$95
76069 Krit Studios Krit 4/30 W 1:00pm

Watercolor Landscape Painting ☎ ★

Ages 18&Up: Beginner/Intermediate: Paint everything from mountains and forests to sunny backyard gardens or capture the surf as it breaks on the rocks. The same methods work for all these places! Bring watercolor or acrylic paints. \$5 hand-out fee due instructor. Call 301-989-1799 for supply list.

6 Two hour sessions \$95
76085 Fairland CC Krit 4/29 T 10:00am

Watercolor Still Life ☎ ★

Ages 15&Up: Develop skills in painting different kinds of still life, depicting objects from nature and combining them into a composition. Each lesson includes studying and reviewing of certain skills, which gradually become more complicated. Material list on confirmation receipt.

6 Two hour sessions \$70
76086 Upper County CC Blevins 5/14 W 7:00pm

Basic Photography ☎ ★

Ages 13&Up: Covers functions and operations of cameras, lenses, film and other equipment with emphasis on creative aspects and composition. Portrait lighting and use of flash is covered. Class includes assignments and field trip. Pictures taken will be critiqued in class. Field trip is on the Sat. following the 3rd class.

6 Three hour sessions \$46
83365 Bauer Drive CC DeBuchananne 3/31 M 7:00pm

Close Up Photography ☎ ★

Ages 16&Up: Take first class photos of subjects like flowers, coins, stamps, bugs, jewelry and the like. Learn tricks of the trade in a one day workshop. Techniques described for all cameras but participants will work with a 35mm single lens reflex (SLR). Equipment provided, but student may bring personal equipment too. Some lecture and lots of hands-on time. Actual photographs will be taken and reviewed in the session. Bring items you wish to photograph. \$10 material fee due to instructor. Enrollment limited and experience with SLR camera helpful. Bring bag lunch for half hr. break.

1 Five hour session \$50
84794 Ross Boddy CC Vendetti 4/26 Sa 10:00am

Darkroom Basics ☎ ★

Ages 16&Up: Learn how to develop black and white film and print your developed negatives. Covers types of photographic papers, developers and necessary chemistries, exposure and contrast, controls for both paper and film, and use of photo enlargers. Bring a roll of exposed black and white film or negatives. \$15 material fee due to instructor at class. Enrollment limited.

6 Two hour sessions \$63
84793 Ross Boddy CC Vendetti 4/23 W 7:15pm

Skilled Crafts for Teens and Adults

240-777-4930

Furniture Painting



Ages 15&Up: Bring your favorite chair, stool or piece of furniture (size constraint-it must fit in a compact car) and learn the art of painting it to match your favorite fabric or be creative and come up with your own design. \$25 due to instructor at the first class.

5 One hour sessions **\$75**

86814	Potomac CC	Dion	4/26	S	10:00am
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Handcrafted Pottery



Ages 15&Up: All levels: Introduction to techniques used in hand building pieces of functional and decorative pottery, and to potter's wheel. Basic information on clay bodies, firing, glazing, under glazes and slips. \$25 materials fee includes 25 lbs of clay and firing, fee due instructor first class

10 Two hour sessions **\$100**

76059	East County CC	Reid	4/9	W	7:00pm
76061	Leland CC	Prinsloo-Phillips	5/1	Th	7:00pm
76058	Wheaton CC	Reid	4/9	W	10:00am

Handcrafted Pottery Intermediate/Advanced



Ages 16&Up: Advanced/Intermediate: Previous experience with clay, wheelworking or handbuilding required. Here is your chance to work on individual projects with instructor's guidance. New techniques introduced, explore glaze making. \$25 material fee includes firing fees due instructor first day. Bring clay tools and old towel.

10 Two hour sessions **\$100**

79466	Wheaton CC	Reid	4/21	M	7:00pm
76040	Germantown CC	Haber	6/18	W	7:00pm

Handcrafted Pottery-Open Studio



Ages 15&Up: For the experienced potter who needs space to work on projects. Instructor available for technical support, glazes for cone 6 firings, and timely firing of pieces. Room equipped with wheels, slab roller and extruder. Bring clay tools, old towels. Material and firing fees vary based on production. Space is limited. Attend anytime during your open studio time.

8 Four hour sessions **\$160**

76070	Ross Boddy CC	Reid	4/8	T	10:00am
76071	Ross Boddy CC	Reid	4/10	W	10:00am

10 Three hour sessions **\$160**

76072	Ross Boddy CC	Reid	4/8	T	6:30pm
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Stained Glass-Copper Foil



Build on the basic skills learned in a Leaded Stained Glass course (prerequisite) and discover the modern copper foil technique of stained glass crafting. Several projects, tailored to your skill level assigned, or bring plans and ideas of your own. Copper foil enables a higher degree of detail in glass than is practical using lead came, and is authentic to the glass decorative arts of the Victorian period. \$18 material fee payable to instructor covers supplies unique to copper foil as well as glass for the first two projects and use of tools.

2 Six hour sessions **\$75**

85365	Ross Boddy CC	Asbeck	5/17	S	9:30am
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Stained Glass-Leaded



Ages 18&Up: Learn glass cutting, soldering, the use of glass working tools, techniques and terminology as you are guided step by step through several projects of increasing challenge. \$30 materials fee payable to instructor covers consumables, personal equipment, and use of tools. Bring lunch to all day institutes.

2 Six hour sessions **\$75**

76075	Ross Boddy CC	Asbeck	4/26	S	9:30am
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Floral Design



Ages 18&Up Beginning: Learn the basics of silk and fresh flower arrangements. Covers a brief history, hints on where to shop, proper care of fresh flowers, basic design arrangement

and much more. \$13 material fee due to instructor at each class session.

6 Two hour sessions **\$36**

84790	Maplewood-Alta PC	Jeremiah	4/22	Tu	7:00pm
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Oriental Flower Arranging



Ages 18&Up: Make elegant but easy flower arrangements using fresh cut flowers and branches. At the first session, instructor will demonstrate the basic arrangement styles and the various types of equipment that can be used. Create a different arrangement each week. Required materials will be announced at first class and must be purchased by the student (approximate cost \$10-\$15).

6 Two hour sessions **\$36**

84792	Potomac CC	Liu	4/22	Tu	10:00am
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Balloon Sculpture



Ages 16&Up: Balloons with a twist, from how to inflate them to the twist. Pickles the Balloonitic Clown will teach the extra touches that add fun and games to the ordinary balloon. \$6 material fee due to instructor.

2 Two hour sessions **\$25**

84796	Bauer Drive CC	Asbeck	4/22	Tu	7:00pm
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Athletic Instructional Sports

240-777-4930

Fencing



Fencing

Beginner: Basic foil techniques. Instructors are, certified Fencing Master Ray Finkleman and former Olympian Gitty Mohebban. Equipment provided: foil, mask, and jacket. \$20 material fee due to instructor at the first class.

10 One hour sessions **\$75**

Ages 9-Adult:

76096	Bauer Drive CC	Mohebban	5/9	F	5:30pm
76097	Frost MS	Mohebban	5/5	M	5:30pm
76098	Marshall ES	Mohebban	5/7	W	5:30pm

Ages 13-Adult:

76095	Potomac CC	Finkleman	4/24	Th	6:30pm
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Beginner I & II: This class is designed for the advanced Beginner I and entry level Beginner II student. Curriculum will be student skill dependent. \$20 materials fee due to the instructor at the first class.

10 One hour sessions **\$75**

Ages 9-Adult:

76101	Bauer Drive CC	Mohebban	5/9	F	6:30pm
76100	Frost MS	Mohebban	5/5	M	6:30pm
76099	Marshall ES	Mohebban	5/7	W	6:30pm

Beginner II: Prerequisite Fencing Beginner I class. Class consists of demonstration and perfection of fencing Beginner I skills along with an introduction of 2 new techniques. \$20 materials fee due to instructor at first class.

10 One hour sessions **\$75**

Ages 9-Adult:

6103	Frost MS	Mohebban	5/5	M	7:30pm
76102	Marshall ES	Mohebban	5/7	W	7:30pm

Intermediate: More advanced foil techniques: riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lie, croise, and envelopment. \$20 material fee due to instructor at first class.

10 One hour sessions **\$75**

Ages 9-Adult:

76107	Bauer Drive CC	Mohebban	5/9	F	7:30pm
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Ages 13-Adult:

76106	Potomac CC	Finkleman	4/24	Th	7:30pm
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Fencing Club  

An opportunity for the beginner, intermediate and advanced fencer to practice with each other and develop their skills. No formal instruction will be given during Club sessions. Foil, epee and saber fencers welcome. Equipment provided: foil, mask, and jacket. \$20 material fee due to the instructor at the first class. Classes may feature electric fencing apparatus.

10 One hour and thirty minute sessions **\$75****Ages 9-Adult:**

76105	Bauer Drive CC	Mohebban	5/10	S	11:00am
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Ages 13-Adult:

76104	Potomac CC	Finkleman	4/24	Th	8:30pm
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Golf**General Golf Information**

Golf clubs are available at the class. \$25 ball fee is due to the instructor at the first class. If you do not find a day and time available that you wish to take a class please call the instructor and they will locate one for you during their operating schedule of 9am-9pm M-F or S-Su 9am-5pm.

Golf Rockville  

Ages 3-6: Eye hand coordination, BASIC swing and putting instruction. Clubs Provided, parent participation required. \$10 materials fee due at the first class.

5 Thirty minute sessions **\$99**

80861	RT&G	Love to Par, Inc.	4/10	Th	11:00am
80864	RT&G	Love to Par, Inc.	4/10	Th	10:30am
80865	RT&G	Love to Par, Inc.	4/13	Su	12:00pm
85366	RT&G	Love to Par, Inc.	4/12	S	9:00am

Ages 7-12: 4-5 students per instructor. Instruction on grip, stance, swing movements, alignment, club selection, rules. \$25 ball fee due first class. Clubs available at no charge.

5 Forty-five minute sessions **\$99**

85369	RT&G	Love to Par, Inc.	4/13	Su	1:00pm
85368	RT&G	Love to Par, Inc.	4/7	M	4:00pm
84607	RT&G	Love to Par, Inc.	4/9	W	6:00pm
85367	RT&G	Love to Par, Inc.	4/12	S	11:00am

Ages 13&Up: 5 one-hour classes, \$25 ball fee due first class. Can't find the right day or time, Rockville Tennis will set up a class to suit your needs just call 301-379-6171.

5 One hour sessions **\$99**

76128	RT&G	Love to Par, Inc.	4/13	Su	11:00am
85370	RT&G	Love to Par, Inc.	4/8	T	6:00pm
85371	RT&G	Love to Par, Inc.	4/9	W	8:00pm
76124	RT&G	Love to Par, Inc.	4/10	Th	6:00pm
76125	RT&G	Love to Par, Inc.	4/12	S	9:00am

Golf Form-A-Group  

Form your own group (minimum of 3), select a time and call the instructor. If you prefer the instructor can find a group for you at the appropriate level. \$25 golf ball fee due to instructor at the first class.

5 One hour sessions **\$99**

85362	RT&G	Love to Par, Inc.	301-379-6171
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Golf Intermediate/Advanced with PGA Masters player  

This class is for anyone who has had basic instruction of grip, stance and swing putting. Perfecting your swing, troubleshooting your game and Practicing for consistency will be emphasized. For further information, please call Charlie Bassler at 410-744-9494. \$25 ball fee due to instructor.

5 One hour sessions **\$125**

85372	Konterra Golf Driving Range	Bassler	4/12	S	10:00am
85373	Konterra Golf Driving Range	Bassler	4/12	S	11:15am

Golf Silver Spring  

Ages 12&Up: Basic instruction: Covers grip, stance, swing movements, rules & etiquette. Clubs are available at no charge. The instructor, Bill Linton may be reached at 301-926-6677 for further information.

4 Seventy-five minute sessions **\$99**

85085	Silver Spring Area	Linton	4/28	M	6:15pm
85086	Silver Spring Area	Linton	4/29	T	6:15pm
85087	Silver Spring Area	Linton	4/30	W	6:15pm
85088	Silver Spring Area	Linton	5/1	Th	6:15pm

Swing the Club  

Class instruction at Northwest Park Golf Course includes topics of full swing, short game strategies, putting, rules & etiquette, and on the course instruction. For further information, please call Kent Keith, PGA professional at 301-438-3198. Class size limit 8. \$25 ball fee due to instructor.

5 One hour sessions **\$125**

85092	Northwest Park GC	Keith	4/23	W	7:00pm
85093	Northwest Park GC	Keith	4/24	Th	7:00pm
85094	Northwest Park GC	Keith	4/26	S	12:00pm

Gymnastics**Beginning Tumbling Format**  

Ages 3-6: Enjoy learning beginning tumbling skills while gaining self esteem. Animal walks, forward rolls, backward rolls and bridges are taught. Movements will enhance balance, large muscle control, and muscular strength. For purposes of ensuring concentration and focus by preschoolers, parents are requested to wait outside the room during class time.

5 Forty-five minute sessions **\$65**

76149	Upper County CC	Schattenberg	4/28	M	1:45pm
76148	Longwood CC	Schattenberg	4/29	T	1:45pm
76444	Fairland CC	Schattenberg	4/24	Th	1:45pm

Beginning Gymnastics-Girls Only  **Ages 6-8½:****6 One hour sessions** **\$65**

76150	Gymnastics of America, Inc	Mofid	4/7	M	4:00pm
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Gymnastics Skill Development Phase I  

Ages 4-6: Beginner: Enjoy an introduction to obstacle course tumbling (forward rolls, cartwheels and handstands), bars (learn how to swing, skin the cat and front rolls), balance beams (walks, kicks and crawls), trampolines (jumps, seat drops and doggie jumps).

6 Forty-five minute sessions **\$65**

76158	Gymnastics of America, Inc	Mofid	4/07	M	4:00pm
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Gymnastics Skill Development Phase II  

Ages 6-14: Beginner: Students will be introduced to gymnastics exercises including tumbling (headstands, cartwheels and bridges), bars (skin the cat, pull overs and casts), balance beams (walks, kicks and turns), trampoline (seat drops and mini-drops) and vaulting (jumping on the board, squat ons, straddle ons).

6 Forty-five minute sessions **\$65**

76154	Gymnastics of America, Inc	Mofid	4/12	S	9:00am
76157	Gymnastics of America, Inc	Mofid	4/7	M	4:00pm

Tennis**General Tennis Information**

All tennis classes require you to bring a racquet and a \$10 materials fee due to the instructor at the first class. Parents are permitted to watch the last ten minutes of each session for 5-18, and required to participate in the preschool tennis programs. Class registration deadline is April 2. After 4/2/03 you must confirm class availability prior to registering. If you cannot find a day or time in our listing call the RT&G instructor directly at 301-379-6171 and they will find one for you.

Tennis Clinic: Spring Break



Beginner and Advanced Beginner: Improve your game with the basics, as well as, serving, placement and controlled hitting.

Beginner/Intermediate: Get your game going and move on to the next level. Build on previous training in ground and service strokes. Students should be knowledgeable in position and scoring and be able to volley and lob. Makeup for rain outs by extending subsequent classes by ½ to 1 hour. \$10 materials fee due to instructor.

5 Two hour and thirty minute sessions **\$99**

76180	Quince Orchard HS	Woods	4/14	M-F	9:30am
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Tennis Rockville



Ages 3-6: Parent's participation required. Learn tennis basics in forehand, backhand, and non-wind up serves, through eye hand coordination and motor skills games. \$10 materials fee due to instructor at first class.

5 Thirty minute sessions **\$99**

76244	RT&G	Love to Par, Inc	4/13	Su	9:00am
84679	RT&G	Love to Par, Inc	4/8	T	3:00pm
84680	RT&G	Love to Par, Inc	4/12	S	1:00pm

Ages 7-12: Beginner

5 Forty-five minute sessions **\$99**

76173	RT&G	Love to Par, Inc.	4/13	Su	10:00am
76174	RT&G	Love to Par, Inc.	4/7	M	5:00pm
84637	RT&G	Love to Par, Inc.	4/9	W	5:00pm
84648	RT&G	Love to Par, Inc.	4/12	S	12:00pm

Ages 13&Up: Beginner/Adv Beginner.

5 One hour sessions **\$99**

76168	RT&G	Love to Par, Inc.	4/13	Su	12:00pm
85374	RT&G	Love to Par, Inc	4/8	T	7:00pm
85377	RT&G	Love to Par, Inc	4/9	W	7:00pm
85375	RT&G	Love to Par, Inc	4/10	Th	7:00pm
85376	RT&G	Love to Par, Inc	4/12	S	2:00pm

Tennis Outdoor



Ages 8-15: Beginner/Adv Beginner

5 One hour sessions **\$99**

76187	Leland CC	Woods	5/5	M	4:00pm
76188	Sligo MS	Woods	5/6	T	4:00pm
76191	Olney Manor RP	Woods	5/9	F	4:00pm

Ages 16&Up: Beginner/Adv Beginner

5 One hour sessions **\$99**

76197	Leland CC	Woods	5/5	M	6:00pm
76198	Sligo MS	Woods	5/6	T	4:00pm
76199	Walter Johnson HS	Woods	5/7	W	6:00pm
76207	Blair HS	Woods	3/27	Th	6:00pm
76200	Olney Manor Reg Pk	Woods	5/2	F	6:00pm
76201	Northwood HS	Woods	5/3	S	11:30am
76203	Olney Manor Reg Pk	Woods	3/29	S	11:30am
76205	Walter Johnson HS	Woods	3/25	Su	6:00pm

Ages 8-15 Beginner/Intermediate and Intermediate

5 one hour sessions **\$99**

76230	Olney Manor RP	Woods	3/28	F	5:00pm
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Ages 16&Up: Beginner Intermediate

5 One hour sessions **\$99**

76217	Walter Johnson HS	Woods	5/11	Su	9:00am
76214	Blair HS	Woods	5/8	Th	4:00pm
76215	Olney Manor RP	Woods	5/9	F	4:00pm
76216	Northwood HS	Woods	5/10	S	11:30am

Tennis Form-A-Group



Ages 5&Up: Recruit minimum of 3 persons and form your own. Tell us the day and time you would like and the instructor will call you back to confirm availability. If you prefer, call instructor and they can find a group for you. \$10 materials fee due to instructor.

5 One hour sessions **\$99**

76181	RT&G	Love to Par, Inc	301-379-6171
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Personal Development for Youth & Adults

240-777-6940

Children's Modeling



Stresses posture, walk, pose, grooming, and improving by doing. Designed for girls only. Instructor, Katherine Mizell, is the originator and director of the Modeling Moppets. Enrollment limited.

8 One hour sessions

\$44

84725	Norbeck-Muncaster PC	Ages 4-6	4/26	Sa	9:00am
84726	Norbeck-Muncaster PC	Ages 7-9	4/26	Sa	10:00am
84727	Norbeck-Muncaster PC	Ages 10-12	4/26	Sa	11:00am

Modeling & Fashion for Teens



Ages 13-18: Professional instruction in modeling techniques, wardrobe, hair care, skin care, hand, nail care, etc. Make-up demonstrated and discussed.

8 One hour sessions

\$44

84728	Bauer Drive CC	Mizell	4/23	W	6:30pm
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Glamour Workshop



Ages 16&Up: Learn basic skin care and basic and advanced make-up techniques. Session I, learn how to care for facial skin, prepare face for make-up and create desired illusion to enhance assets with selected colors. Session II, covers make-up color coordination and advanced application techniques. Wear favorite color to class. Before and after photos taken. \$4 material fee due to instructor at class.

2 One hour and thirty minute sessions

\$28

84732	Bauer Drive CC	Holmes	5/10	Sa	11:00am
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Make-up Magic



Ages 16&Up: Prepare your face and properly apply glamour to enhance some assets and minimize others. Achieve an attractive appearance by creating a desired illusion. Includes basic skin care tips, before and after photos. Instructor is a licensed Esthetician. \$2.50 materials fee due to instructor at class.

1 Two hour session

\$21

84731	Potomac CC	Holmes	3/29	Sa	11:00am
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Etiquette Classes

Modern Manners



Ages 5-7: Activity-oriented approach designed to foster children's growth through effective age-appropriate, self-esteem building exercises. The ABC'S of meeting, greeting and saying good-bye, little things we say and 1, 2, 3 let's eat! Take-home handouts reinforce and develop positive attitudes toward applying good manners.

4 One hour sessions

\$45

84510	Potomac CC	Sauer	3/31	M	5:30pm
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Dining Skills for Youth



Ages 8-12: Table manners can be learned: exposure and education are the building blocks. Includes; hosting/guest duties, silverware, difficult to eat and fast food manners. Participants will take home work-book, place mat and certificate. \$10 materials fee due to instructor at class.

2 Two hour sessions

\$40

84504	Potomac CC	Sauer	3/31	M	7:00pm
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Dining Skills for Adults



Ages 16&Up: Everything you wanted to know about table manners. Topics include silverware savvy, American and Continental eating styles, hosting/guest duties and many other do's and don'ts. \$10 materials fee due to instructor at class. Teens may register with attending adult.

2 Two hour sessions

\$40

84511	Potomac CC	Sauer	4/28	M	7:00pm
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Cooking

Ages 18&Up: Full participation classes with take-home recipes. Bring an appetite, we eat what we fix. Instructors are Jim and Bryan Davis from The Real Good Food Company. All food fees noted in descriptions are due at the beginning of class.

Basic Cooking Skills



Learn to cook by doing. Bring an appetite, we eat what we fix. Instructors are Jim and Bryan Davis from *The Really Good Food Company*. Learn basic knife skills, how to read and follow a recipe, and how to buy good kitchen equipment including pots and pans and knives. Basics covered including how to saute, sweat, roast, and blanch. You will prepare and eat a full dinner. \$12 food fee.

1 Three hour session **\$45**
84715 Ross Boddy CC Davis 5/24 Sa 11:00am

Intermediate Cooking Skills



A participation class with an emphasis on improving your cooking skills! We'll stuff and tie a flank steak; make an appropriate pan sauce; a seasonal vegetable, and finish with a special dessert. \$12 food fee.

1 Three hour session **\$45**
84716 Ross Boddy CC Davis 6/3 Tu 11:00am

Be Your Own Personal Chef



Ages 18&Up: Learn the secrets of "fix ahead" food. Cook with the experts and learn how to prepare 2 weeks of meals at one time. See how to schedule every-other Saturday cooking day, shop, cook, package, label, and store a 2 week supply of really good food for your family. Emphasis will be placed on organization, food safety, and safe food storage. Take home recipes for 2 weeks worth of meals including side dishes. \$12 food fee.

1 Four hour session **\$60**
84516 Ross Boddy CC Davis 4/26 Sa 10:30am
84518 Ross Boddy CC Davis 6/7 Sa 10:30am

Appetizers and Hors d'hourves



Ages 18&Up: A hands on class that will include hot and cold easy hors d'oeuvres, canapes, and appetizers. How to plan for and garnish attractive presentations, dress the table and present party style. A variety will be prepared. Bring an appetite because we eat what we fix. \$12 food fee.

1 Three hour session **\$45**
84714 Ross Boddy CC Davis 5/20 Tu 7:00pm

Desserts Only



A full three-hour Saturday of desserts. Apple Pie with homemade crust, Chocolate Torte and Scratch Brownies along with a surprise or two and some special coffee make this a great class. \$12 food fee.

1 Three hour session **\$45**
84712 Ross Boddy CC Davis 4/12 Sa 11:00am



Grilling & Smoking!



We've expanded this popular class to include grilling & smoking all the favorites including ribs using both charcoal and gas grills. Special grilled fruit dessert. \$12 food fee.

1 Three hour session **\$45**
84704 Ross Boddy CC Davis 5/10 Sa 11:00am

Healthy Cooking w/ Less Fat



For those who want to cook with less fat. We'll do an entree, side dish and dessert, all designed to be easy to do at home and healthier for you and your family. Take home recipes. \$12 food fee.

1 Three hour session **\$45**
84713 Ross Boddy CC Davis 5/13 Tu 7:00pm

Italian at it's Best



We'll prepare a Mushroom Risotto first course, homemade raviolis with sauce and roasted asparagus and a Panna Cotta for dessert. \$12 food fee.

1 Three hour session **\$45**
84702 Ross Boddy CC Davis 4/22 Tu 7:00pm

Just Seafood



We'll prepare fresh Salmon Scallopini with Creme Fraiche, a pan fried fresh fish and a poached fresh fish. We'll add an apple and fennel slaw and roasted vegetables. Final menu depends on availability of fresh seafood. \$12 food fee.

1 Three hour session **\$45**
84721 Ross Boddy CC Davis 6/17 Tu 7:00pm

The Dinner Party



Learn by hands on experience how to plan and prepare a fine dinner party at home. We'll decide what can be fixed ahead of time, and how to put it all together so you can enjoy your own party. A salmon appetizer, Beef Wellington and a special dessert are all in store. \$12 food fee.

1 Three hour session **\$45**
84515 Ross Boddy CC Davis 4/8 Tu 7:00pm

Another Dinner Party



The Dinner Party classes are so popular we added another one so we could cover more people and a wider selection of food. We'll do a sweet potato pancake with cavier for the appetizer, Lamb Stew entree with a special salad and dessert. \$12 food fee.

1 Three hour session **\$45**
84701 Ross Boddy CC Davis 6/28 Sa 11:00am

Southwestern Dinner Party



Learn by hands on experience planning and preparing a fine Southwestern dinner party at for home. Chili Crusted Pork Loin and the right side dishes make this a special meal. \$12 food fee.

1 Three hour session **\$45**
84720 Ross Boddy CC Davis 6/10 Tu 7:00pm

Cooking Techniques



Improve your cooking skills. Covers a broad range of techniques and is not recipe driven. Each class will include preparation of at least three different food courses. Session I: Poultry, Session II; Beef, Pork and Lamb, Session III: Seafood and Sauces, Session IV Pasta and Vegetables. Very limited handouts, bring pad & pen. \$50 food fee is due at first class.

4 Three hour sessions **\$200**
84724 Ross Boddy CC Davis 4/3 Th 7:00pm

Congratulations to our RecWeb "Register On-line and Win" contest winners:

Patricia Rismiller	Catherine Baltimore
Joyce Dean	Sara Benesch
Jennifer Skidmore	Jane Holloway
Paul Gonthier	Jean Slater
Susan Freidman	Lisa Stone

Department of Park and Planning



M-NCPPC's Dept. of Park & Planning oversees 31,000 acres of parkland in Montgomery County. Admission to parks is free, but some programs require advance registration and a fee.

Call 301-495-2503 for general park information, or check the Web at www.mc-mncppc.org. For details about facilities and programs accessible to persons with disabilities, call the facility or TDD 301-495-1331.

SOUTH GERMANTOWN RECREATIONAL PARK

This award-winning park keeps on growing! From April to October, test your skill on two miniature golf courses (301-601-3580). Next door, the popular splash playground is unique in the region and opens for the season on May 24. Adventure Playground, tot lots, picnic area, hiker-biker trails, ball fields, and archery range are also available. The Park is home to the Maryland Soccerplex (301-528-1480) with 19 outdoor soccer fields and the Discovery Sports Center, the Germantown Golf Park driving range (301-972-6770), and the King Dairy Mooseum (301-229-4385).

INDOOR TENNIS

Wheaton Regional Park
Wheaton Indoor Tennis Ctr.
Orebaugh & Arcola Ave.
Wheaton
301-649-4049

Cabin John Regional Park
Cabin John Indoor Tennis Ctr.
7801 Democracy Blvd.
Bethesda
301-365-2440

Spot time and seasonal play available; lessons for all ages on six courts. Call for party rates. Gift certificates available.

NATURE CENTERS

Brookside Nature Center
Wheaton Regional Park
1400 Glenallan Ave.
Wheaton
301-946-9071

Meadowside Nature Center
Rock Creek Regional Park
5100 Meadowside La.
Rockville
301-924-4141

Locust Grove Nature Center
Cabin John Regional Park
7777 Democracy Blvd.
Bethesda
301-299-1990

Black Hill Visitor Center
Black Hill Regional Park
20926 Lake Ridge Dr.
Boyds
301-972-3476

Hikes, bird watching, van trips, hands-on exploration, storytelling and more are part of tradition at the nature centers. All ages, individuals or groups. Programs vary by each center; some are free. Reservations required.

GOLF

Little Bennett Golf Course
25900 Prescott Rd.
Clarksburg
301-253-1515 or
800-366-2012

Northwest Park Golf Course
15711 Layhill Rd.
Silver Spring
301-598-6100

Needwood Golf Course
6724 Needwood Rd.
Derwood
301-948-1075

Sligo Golf Course
9701 Sligo Creek Pkwy.
Silver Spring
301-585-6006

White Oak Golf Course
10911 New Hampshire Ave., Silver Spring
301-593-6910

Golf year 'round at beautiful, affordable courses. Equipment rentals, snack bars (except White Oak), pro shops. Some offer group/private lessons. Call for reservations.

CAMPING

Little Bennett Camping

23701 Frederick Road, Clarksburg

301-972-9222

Camp 7 days a week Apr through Oct. Sites have tent pad, picnic table, metal fire grill. Some have electricity for RVs. Comfort stations with showers are within walking distance. Many activities. Call for reservations.

BOATING

Little Seneca Lake

Black Hill Regional Park
20930 Lake Ridge Dr.
Boyds 301-972-9396

Lake Needwood

Rock Creek Regional Park
15700 Needwood Lake Circle
Rockville 301-762-1888

Rent a canoe or rowboat or launch your own small craft at Little Seneca or Lake Needwood, which also has pedal boats. Pontoon boat tours conducted at both lakes. Mooring stakes available, and seasonal and daily permits for launching private boats may be purchased at both locations. Call for boating fees and schedules, which begin Memorial Day.

GARDENS

Brookside Gardens

Wheaton Regional Park-Visitor Center & Giftshop
1800 Glenallan Avenue
Wheaton 301-962-1404

McCrillis House and Gardens

6910 Greentree Road
Bethesda 301-962-1404

Brookside Gardens contains botanical displays inside and out, and is spectacular year 'round. **McCrillis Gardens** is a shade garden and art gallery. Both have educational programs for all ages and serve as outstanding meeting places and sites for weddings, receptions, and all special events.

CONFERENCE CENTERS/MEETING PLACES

The rustic Lodge at Little Seneca Creek (Boyds) has oak floors, stone fireplace. Rockwood Manor (Potomac) is an elegant country home with overnight lodging available. Woodlawn Manor House (Sandy Spring) is an historic Georgian-style mansion. For corporate meetings, shows, exhibits, concerts, reunions, weddings and party reservations, call 301-299-5026.

TICKETS TO RIDE

Ride model trains in Cabin John or Wheaton Regional parks. Wheaton's antique carousel will reopen in late spring (call for schedule). Trains will operate during Montgomery County School Spring Break, weather permitting. Call 301-469-7835 (Cabin John) or 301-946-6396 (Wheaton) for schedules and fees. The National Capital Trolley Museum, 1313 Bonifant Rd., Silver Spring, runs rides in Northwest Recreational Park. Call 301-384-6088 for information.

ICE SKATING

Wheaton Ice Arena
117517 Orebaugh Ave.
Wheaton

301-649-2250 (recording)
301-649-3640

Cabin John Ice Rink
10610 Westlake Dr.
Rockville

301-365-0585 (recording)
301-365-2246

Both indoor facilities have changing rooms, party/meeting rooms, bleachers, pro shops and snack bars. Wheaton Ice Arena has a regulation NHL ice surface. The Cabin John Ice Rink has studio, NHL and Olympic-size sheets. Wheaton in-line rink is available for parties and leased time.



Film Workshops

Summer Movie Production Workshop 2003

Age 16 and Up: Limited enrollment-11 students per session-2 sessions. Special application form required, Call 301-650-1407 for information.

Aspiring filmmakers: this is your chance to put your vision on videotape and experience a comprehensive movie production. In this intensive three-week workshop, you will learn the nuts and bolts of motion picture production as you work with others in the group to conceive, develop, write, prep, shoot, and edit a short narrative video project. Come to the first meeting with story ideas. You'll learn to:

- work with professional actors;
- work with a director of photography and an editor; and
- shoot on time and on budget.

Producer-Lead Instructor: Perry Schwartz is chairman of Communication and Performing Arts at the Takoma Park Campus. Schwartz has been a theatre and film director for the past 30 years. His production company, Ol' Black Bear Productions, has produced several short films, including the 1992 Rosebud Award winner for best narrative film, Soap Opera. Mr. Schwartz has an M.F.A. in filmmaking and theatre directing from Ohio University.

Cinematographer/Editor: Edmund Baxter is president of Infinity Video and Design. His company has won numerous production awards. He holds a B.F.A. in filmmaking from New York University.

Together, Schwartz and Baxter are working on a feature composed of three short films. The first two, Leo and Mars and Call Krystal have been completed. Snake is in production.

Two 3-Week Sessions: July and August, 2003

Fee: \$1,300

For further information and a detailed brochure call 301-65-1407.

The HD/DV24P - 35 Shootout: A side-by-side comparison

Workshop #1 Production: This two day workshop will be the production arm of the shootout.

Workshop #2 Screening: Side-by-side on the silver screen. Compare and contrast the formats. A discussion will follow on the use of each format as a production tool, and a tour of the AFI theatres will be available.

Production Saturday, March 8 and Sunday March 9, 11am-6pm and Screening Saturday, April 11, 10am-noon, Fee: \$125

Screening Only Saturday, April 11, 10am-noon, Fee: \$25

Digital Moviemaking

This is a full day workshop for aspiring digital filmmakers which will explore how video is different from film.

Advanced Lighting for Digital Moviemaking

A full day hands-on lecture/demonstration workshop focusing on advanced lighting techniques.

Digital Filmmaking Saturday April 26, 10am-6pm, Fee \$125

Advanced Lighting Sunday April 27, 10am-6pm, Fee \$125

Both Workshops, Fee \$200

Introductory Screenwriting

This two day intensive workshop will focus on storytelling and craft of screenwriting.

Saturday, May 3 and Sunday, May 4, 10am-5pm, Fee \$200

Final Cut Pro 101 - Final Cut Pro Editing

The two-day introductory program is designed for those who want to learn the feature set of Final Cut Pro and how to use it in an editing environment.

Saturday May 31 and Sunday June 1, 10am-6pm, Fee \$300



Classes for all ages 3 to 103.
Experienced, engaging teachers.
Safe and nurturing environment.

Easily accessible locations throughout Montgomery County including our Education and Outreach Center in Downtown Silver Spring.

Call the Education Center for a brochure today or visit our web site www.roundhousetheatre.org

Ask about Summer Classes , too!

**Call immediately for
complete class schedule
Classes begin April 5, 2003
(301) 585-1225**

Our classes include:

Story Spinners Ages 3-5

Imagine That Gr. K-1

Curtain Calls Gr 2-3

Show Stoppers Gr 4-6

NEW! Clowning Gr 3-4 And Gr 5-6

Let's Share Shakespeare Gr 5-7

Act Fast! Improvisation Gr 6-10

Monologue & Character Building Ages 18+

Scene Study & Ensemble Building Ages 18+

Improvisation Ages 18+

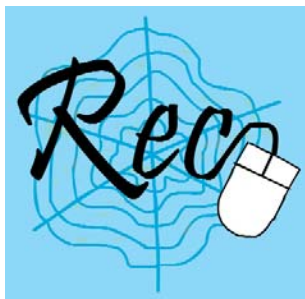
Shakespeare Study Ages 18+

SPRING BREAK CLASSES APRIL 14-18, 2003

Springtime Destinations Gr 1-5

Spring Improv Break Gr 6-8

Before and After EZCare available for Spring Break Classes.



Internet Registration

You're only a few clicks away!

You need access to the internet and your Customer Number and Account PIN (Personal Identification Number).

Forgot your account information? Call us at 240-777-6840

If you don't have an account, it's easy to set one up. Go to montgomerycountymd.gov and select the 'Culture & Leisure' tab. Click on 'RecWeb Registration.' Click on the 'Create Account' link and complete the new account form. An account will be created and we will send you an email with your account information needed to logon to RecWeb.

All registrations and all debts owed on your account must be paid for in full at the time of registration.



240-777-8277

Fast and Convenient

Just fill out and sign the form below, and return this page to our office as soon as possible. You can fax it to us at 240-777-6857. We will set up your family as STARline participants and mail you a packet that includes, easy to follow, complete instructions for registering via STARline.

FAMILY MEMBER INFORMATION FORM: Please list all family members.

Last Name	First Name	Birthdate	Grade	Sex M/F
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: () _____ Work Phone: () _____

When you register for classes using STARline, payment in full must be made by Visa or Mastercard. Access to your account will be via a Personal Identification Number (PIN). This PIN will serve as your electronic signature. Your signature below is an agreement to authorize Montgomery County Department of Recreation to process your payment.

Cardholder/Parent Signature _____

Date _____

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

**For more information about RecWeb or STARline, call us at 240-777-6840.
We'll be happy to answer any questions you may have.**

Facility Locations

ELEMENTARY SCHOOLS (ES)

Bannockburn-6520 Dalroy Ln, Bethesda
 Barnsley-14516 Nadine Dr, Rockville
 Bells Mill-8225 Bells Mill Rd, Potomac
 Bethesda-7600 Arlington Rd, Bethesda
 Beverly Farms-8501 Post Oak Rd, Rockville
 Bradley Hills-8701 Hartsdale Ave, Bethesda
 Brooke Grove-2700 Spartan Rd, Olney
 Cashell-17101 Cashell Rd, Rockville
 Cloverly-800 Briggs Chaney Rd, Silver Spring
 Damascus-10201 Bethesda Church Rd, Damascus
 Dennis Ave-2000 Dennis Ave, Wheaton
 DuFief-15001 DuFief Dr, Gaithersburg
 Fairland-14315 Fairdale Rd, Silver Spring
 Farmland-7000 Old Gate Rd, Rockville
 Georgian Forest-3100 Regina Dr, Silver Spring
 Germantown-19110 Liberty Mill Rd, Germantown
 Glenallan-12520 Heurich Rd, Silver Spring
 Goshen-8701 Warfield Rd, Gaithersburg
 Jones Lane-15110 Jones Ln, Darnestown
 Kemp Mill-411 Sisson St, Silver Spring
 Matsunaga-13902 Bromfield Rd, Germantown
 Christa McAuliffe-12500 Wisteria Dr, Germantown
 Oakland Terrace-2720 Plyers Mill Rd, Silver Spring
 Olney-3401 Queen Mary Dr, Olney
 Poolesville-19565 Fisher Ave, Poolesville
 Potomac-10311 River Rd, Potomac
 Resnik-7301 Hadley Farms Dr, Gaithersburg
 Sally Ride-21301 Seneca Crossing Dr, Germantown
 Ritchie Park-1514 Dunster Rd, Rockville
 Rock Creek Forest-8330 Grubb Rd, Chevy Chase
 Rock View-3901 Denfeld Ave, Kensington
 Rosemary Hills-2111 Porter Rd, Silver Spring
 Sequoyah-17301 Bowie Mill Rd, Derwood
 Seven Locks-9500 Seven Locks Rd, Bethesda
 Sherwood-1401 Olney-Sandy Spring Rd, Sandy Spring
 Stedwick-10631 Stedwick Rd, Gaithersburg
 Stone Mill-14323 Stonebridge View Dr, Gaithersburg
 Thurgood Marshall-12260 McDonald Chapel Dr, Gaithersburg
 Wayside-10011 Glen Rd, Potomac
 Woodfield-24200 Woodfield Rd, Gaithersburg

SECONDARY SCHOOLS (MS or HS)

Baker MS-25400 Oak Dr, Damascus
 Montgomery Blair HS-51 University Blvd, Silver Spring
 Briggs Chaney MS-1901 Rainbow Dr, Silver Spring
 Cabin John MS-10701 Gainsborough Rd, Rockville
 Roberto Clemente MS-18808 Waring Station Rd, Germantown
 Forest Oak MS-651 Saybrook Oaks Blvd, Gaithersburg

Robert Frost MS-9201 Scott Dr, Rockville
 Hoover MS-8810 Post Oak Rd, Gaithersburg
 Walter Johnson HS-6400 Rock Spring Dr, Bethesda
 Longview School-13900 Bromfield Rd, Germantown
 Magruder HS-5939 Muncaster Mill Rd, Rockville
 Neelsville MS-11700 Neelsville Church Rd, Germantown
 Rosa Parks MS-19200 Olney Mill Rd, Olney
 Parkland MS-4610 West Frankfort Dr, Rockville
 Poolesville HS-17501 Willard Rd, Poolesville
 Quince Orchard HS-15800 Quince Orchard Blvd, Gaithersburg
 Sligo MS-1401 Dennis Ave, Silver Spring
 Takoma Park MS-7611 Piney Branch Rd, Silver Spring
 Tilden MS-11211 Old Georgetown Rd, Bethesda
 Watkins Mill HS-10301 Apple Ridge Rd, Gaithersburg
 Westland MS-5511 Massachusetts Ave, Bethesda
 Whitman HS-7100 Whittier Blvd, Bethesda

PARK SITES (PC, RP, or NP)

Argyle PC-1010 Forest Glen Rd, Silver Spring
 Capitol View/Homewood PC-2929 Edgewood Rd, Kensington
 Clarksburg PC-22501 Wims Rd, Clarksburg
 Friendship Heights Village Center-4433 South Park Ave, Chevy Chase
 Glenmont PC-3201 Randolph Rd, Wheaton
 Kemp Mill PC-120 Claybrook Dr, Silver Spring
 Ken Gar Palisades PC-4140 Wexford Dr, Kensington
 Maplewood/Alta Vista PC*-5209 Alta Vista Rd, Bethesda
 Norbeck-Muncaster Mill PC-4101 Muncaster Mill Rd, Rockville
 North Chevy Chase PC-4105 Jones Bridge Rd, Chevy Chase
 North Four Corners PC-211 Southwood Ave, Silver Spring
 Olney Manor RP-16601 Georgia Ave, Olney
 Pilgrim Hills PC-1615 East Randolph Rd, Silver Spring
 Quince Orchard PC-12015 Suffolk Tr, Gaithersburg
 Randolph Hills PC-11805 Ashley Dr, Rockville
 Seneca PC-14500 Clopper Rd, Boyds
 Sligo Ave PC-500 Sligo Ave, Silver Spring
 Sligo/Dennis PC-10300 Sligo Creek Pkwy, Silver Spring
 Tilden Woods PC-*6800 Tilden Ln, Rockville
 Veirs Mill PC-4425 Garrett Park Rd, Wheaton
 * Entrance and restrooms modified for use by individuals with disabilities

AQUATIC CENTERS See page 6.

COMMUNITY CENTERS (CC) See page 39.

SENIOR CENTERS (SrC) See page 4.

LIBRARIES (LB)

Aspen Hill-4407 Aspen Hill Rd, Rockville
 Damascus-9701 Main St, Damascus
 Davis-6400 Democracy Blvd, Bethesda
 Gaithersburg-18330 Montgomery Village Ave, Gaithersburg
 Quince Orchard-15831 Quince Orchard Rd, Gaithersburg
 Wheaton-11701 Georgia Ave, Wheaton
 White Oak-11701 New Hampshire Ave, Silver Spring

GOLF FACILITIES

Kontera Dr. Range-7000 Murkirk Dr, Beltsville
 Laytonsville-7130 Dorsey Rd, Laytonsville
 Northwest-15711 Layhill Rd, Silver Spring
 Rockville Tennis & Golf-14702 Southlawn Ln, Rockville
 White Oak-10911 New Hampshire Ave, Silver Spring

OTHER FACILITIES

Ashton Methodist Church-17314 New Hampshire Ave, Ashton
 Children's Learning Center-4511 Bestor Dr, Rockville
 Dennis Ave Health Center-2000 Dennis Ave, Kensington
 Executive Ofc Bldg-101 Monroe St, Rockville
 Friendship Heights Village Center-4433 South Park Ave, Chevy Chase
 Golden School of Music Studio-4604 Nottingham Dr, Chevy Chase
 Gymnastics of America-602A E. Diamond Ave, Gaithersburg
 Hollywood Ballroom-2126 Industrial Parkway, Silver Spring
 Inwood House-10921 Inwood Ave, Silver Spring
 Ken-Gar Comm Bldg-4111 Plyers Mill Rd, Kensington
 Stephen Knolls School-10731 St. Margaret's Way, Kensington
 Frank Kowing Studios-10905 Fiesta Road Silver Spring
 Kritt Studios-14817 Brownstone Dr, Burtonsville
 MCRD Office-12210 Bushey Dr, Silver Spring
 MD Table Tennis Center-19761Q Frederick Ave, Gaithersburg
 Northwood Ctr-919 University Blvd, Silver Spring
 River Falls Com Ctr-7915 Horseshoe Ln, Potomac
 Rock Terrace School-390 Martins Ln, Rockville
 Tilden Center-6300 Tilden Ln, Rockville
 Washington Sailing Marina-GW Pkwy between Nat'l Airport & Alexandria, VA

Recreation Service Regions

The Department of Recreation has five regional service areas, which follow the Government Service Center Regions. Information and registration for all recreation programs is available at all Regional Service Centers (RSC).

Bethesda-Chevy Chase.....301-983-4467

Bethesda, Chevy Chase, Potomac

11315 Falls Road, Potomac

East County.....240-777-4980

Briggs Chaney, Burtonsville, Fairland, NE Silver Spring

14906 Old Columbia Pike, Burtonsville

Mid-County240-777-4930

Aspen Hill, Olney, Sandy Spring, Wheaton, Brookeville

12210 Bushey Drive, Silver Spring

Silver Spring240-777-4900

Silver Spring, Takoma Park

2450 Lyttonsville Road, Silver Spring

Upcounty240-777-6940

Upper Montgomery County, Montgomery Village, Damascus, Darnestown, Redland, Poolesville, Dufief/Travilah

12900 Middlebrook Road, Germantown



The computer lab at our Plum Gar Community Center provides a great way for kids to get their homework done.

Recreation Department Advisory Board

Montgomery County residents who are interested in working to promote the development of recreational programming as well as park facilities are encouraged to apply for appointments to an Area Advisory Board position or the County-wide Advisory Board.

Interested citizens should submit a letter and brief resume to County Executive Douglas M. Duncan, Executive Office Building, 101 Monroe Street, Rockville, Maryland 20850.

Community Recreation Centers

Community Recreation Centers (CRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages.

Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room.

Rooms of various sizes at the CRCs are also available for rentals. Call for specific hours and availability.

Clara Barton Community Center301-229-0010

7425 MacArthur Boulevard, Cabin John

Bauer Drive Community Center301-468-4015

14625 Bauer Drive, Rockville

Ross J. Boddy Community Center301-570-1204

18529 Brooke Road, Sandy Spring

Gwendolyn E. Coffield Community Center... 240-777-4900

2450 Lyttonsville Road, Silver Spring

Damascus Community Center (planned)

25520 Oak Drive, Damascus

East County Community Center.....301-572-7004

3310 Gateshead Manor Way, Silver Spring

Fairland Community Recreation Center240-777-4970

14906 Old Columbia Pike, Burtonsville

Germantown Community Center301-601-1680

18905 Kingsview Road, Germantown

Charles W. Gilchrist Center

for Cultural Diversity.....240-777-4940

11319 Elkin Street, Wheaton

Good Hope Community Center.....301-989-1210

14715 Good Hope Road, Silver Spring

Leland Community Center.....301-652-2249

4301 Willow Lane, Chevy Chase

Long Branch Community Center301-431-5702

8700 Piney Branch Road, Silver Spring

Longwood Community Center.....301-570-1200

19300 Georgia Avenue, Brookeville

Plum Gar Community Center301-601-0966

19561 Scenery Drive, Germantown

Potomac Community Center301-983-4471

11315 Falls Road, Potomac

Scotland Community Center.....301-983-4455

7700 Scotland Drive, Potomac

Upper County Community Center.....301-840-2469

8201 Emory Grove Road, Gaithersburg

Wheaton Community Center.....301-929-5500

11711 Georgia Avenue, Wheaton

REGISTRATION INFORMATION

All registrations will be processed in random order of date they are received. There is no guarantee of placement together, but families with carpooling needs are encouraged to submit forms together. Incomplete registration forms or failure to include full payment will delay processing of your registration. Please check online or call the appropriate team to determine openings in specific activities. You may list an alternate course in case your first choice is full or cancelled. Please clearly indicate on the registration form that the course number is an alternate choice.

Under enrolled classes may be canceled 5 days prior to the first class. If it is within 5 days of the first class or the class has already started, please call the appropriate team before registering or going to class.

Five Ways to Register

- 1 RecWeb** Online registration is available at montgomerycountymd.gov. Internet users must pay their account in full. If you need additional information, call 240-777-6840.
- 2 STARline** members may register by using our telephone automated registration system. If you are interested in becoming a STARline member, complete the application on page 37. Allow two weeks for your STARline application to be processed. STARline users must pay their account in full. STARline registration number is 240-777-8277.
- 3 Fax 240-777-6857** Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.
- 4 Mail** Montgomery County Department of Recreation
Attention: Registrar
12210 Bushey Drive
Silver Spring, MD 20902-1099
- 5 Full Service** in-person registration:
Administrative Offices **240-777-6840**
12210 Bushey Drive, Silver Spring
M-Th 8:30am-6:00pm, F 8:30am-5:00pm

Registration is also available at all Regional Service Centers (pg. 39).

Registration Confirmation

Confirmations will be mailed as registrations are processed. If you do not receive your confirmation, call 240-777-6840. A waiting list notification will be sent to you if you do not get placed.

Payment Information

- 1 Full payment must be made at time of registration.
- 2 Non-county residents must pay an additional \$10.00 per participant per activity.
- 3 Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name.
VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.
- 4 Financial assistance is available to county residents who qualify based on annual income and number of dependents. Verifiable proof of income (Federal Income Tax Form 1040EZ, 1040A, 1040, or Social Security Income Statement) must be provided. Financial assistance information and application form may be picked up at any recreation office, community center, or swim center, or call 240-777-6840; or through the internet: mcrd.net or montgomerycountymd.gov.

- 5 Payment plans are offered to county residents who do not qualify for financial assistance. All payment plans must be paid in full at least one week before the start of the activity.
- 6 The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

Credits and Refunds

This credit/refund policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement.

- 1 A full credit or refund (no processing fee) will be issued if the Department cancels a program, changes the location or time and you can not attend, or the program is full.
- 2 Requests for withdrawal must be submitted in writing to Montgomery County Recreation Department, Attention: Refund Request, 12210 Bushey Drive, Silver Spring, MD 20902; faxed to 240-777-6857; or emailed to rec.refund@co.mo.md.us. The request must include the participant's name, payer's name, address and phone number, and reason for withdrawal.

If your request is received:

- more than five working days before the start date of the program, you will be given a 100% credit on your recreation family account for future programs.
 - five working days or less before start date of the program, you will be assessed a \$25.00 late notification fee per participant per program because of the short notice given to fill your space.
 - on or after start date of the program, you will be assessed the \$25.00 late notification fee per participant per program and your credit will be pro-rated based on the date the request is received and will not include previous program days missed. Total reductions to the credit amount will not exceed the program fee. No withdrawal requests will be considered after the last scheduled date of the program.
- 3 If you request a refund of your credit, it will be issued to the payer in the same form (check or charge) as the payment was received, and a \$10.00 processing fee will be charged. We will make every effort to process your refund within 15 working days from the date on your confirmation of withdrawal receipt. Call 240-777-6840 if you do not receive a receipt within ten working days of your request.

Cancellation Policy

The Montgomery County Department of Recreation (MCRD) holds programs and activities in its own centers, public schools, MNCPPC facilities and other private facilities. The cancellation of MCRD activities held in schools is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP am 1500 and WMAL am 630. The CUPF after hour's inclement weather line is 240-777-2706.

Weekdays, when schools are closed due to weather conditions, afternoon and evening activities are automatically cancelled, including those held in MCRD, MNCPPC and private facilities.

Weekend closures may be determined by MCRD on a separate schedule. Announcements will be made on the radio stations noted above.

The MCRD program message line is 240-777-6889. This recording will be updated regarding any cancellations for MCRD classes, activities, sports programs and leagues.

For information regarding Aquatic program cancellations, call the aquatic center directly: MAC 301-468-4211, MLK Swim Center 301-989-1206 and Olney Swim Center at 301-570-1210.

Whenever any cancellations are announced, call MCRD's program message line at 240-777-6889 before attending any activity.

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services, please call a mainstream facilitator (240-777-6960) to discuss your needs.

PAYER'S: Home Phone () _____
Last Name _____
First Name _____

Zip _____

Work Phone () _____

[illegible]

<input type="checkbox"/>	Check or Money Order payable to MCRD, Attn: Registrar, 12210 Bushey Drive, Silver Spring, MD 20902.	Total Amount Due: \$
--------------------------	---	----------------------

Expiration Date

Signature _____ Date _____

If you need help completing this form, please call 240-777-6840.

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

Date _____



MONTGOMERY COUNTY RECREATION DEPARTMENT PRESENTS

April 12, 2003

11:00am-3:00pm

FREE

Germantown Community Center, 18905 Kingsview Road, Germantown, MD

A recreation festival to celebrate the children of our community!

- Lots for Tots, a play area for the younger children
- Rainbow Village, an area for children 5-10 years
- Celebration Station, a family resource and recreation area.

Happy Birthday Parade, Baby Maze, Safety Village, Moon Bounce, Giant Slide, Family Relay Races
Entertainment such as puppet shows, singing, dancing and much more!

Call 240-777-6821 or visit us on the web at kidfest.mcrd.net

April 27, 2003 8:00am Rockville, MD

FAST NET DOWNHILL 10K RUN

(SHADY GROVE METRO TO WHITE FLINT ON ROCKVILLE PIKE, MD RT. 355)

FABULOUS POST RACE BRUNCH & CELEBRATION

1K AND 50 METER FAMILY RUNS

(9:30AM AT WHITE FLINT)

NEW FOR 2003

Pikes Peek will award each 10K runner a large high quality beach towel embroidered with the race logo.

Participants in the fun runs will receive the traditional t-shirt embroidered with the race logo.
10K runners who would also like a t-shirt may purchase one for \$7.50



Conducted By



In Partnership With



Hosted By



DETAILS ON THE WEB @ WWW.MCRRc.ORG

WHERE YOU CAN REGISTER ON-LINE

**FOR MORE INFORMATION OR TO REQUEST A HARD COPY ENTRY BROCHURE CALL
(301) 460-8888**



Montgomery County
Department of Recreation
12210 Bushey Drive
Silver Spring, Maryland 20902

County Executive
Chief Administrative Officer
Dir. Department of Recreation

Douglas M. Duncan
Bruce Romer
Greg Bayor



Montgomery County Recreation Department
recycles paper, bottles, and cans in our programs.